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TOP TIPS FOR YOUR HEALTH, WELLBEING AND PRODUCTIVITY AT WORK

PERSON OF INTEREST

FROM IKEA FLOORSTAFF TO GLOBAL INFLUENCER AS DESIGN AND RANGE DOYEN IN SWEDEN

WE SIT DOWN WITH VERY INTERESTING PERSON AND AUSSIE SUCCESS STORY LEONIE HOSKIN

RENO ADVICE:
How can I create a better entrance to my home?

LEONIE ON:
Every time my ex likes something I have posted or I like something of his, my husband sulks

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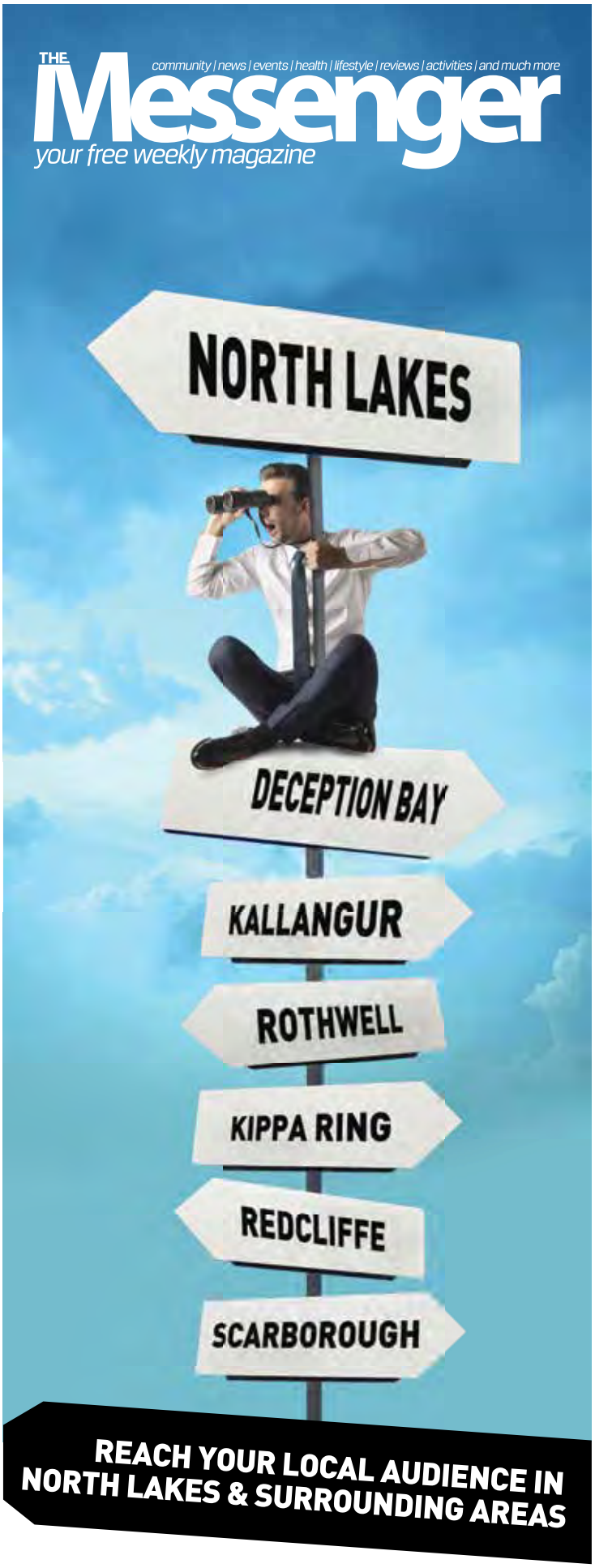

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The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education.
Email your reports and pictures to Editor Dan Fidler via:
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Take a break

Top tips for your health, wellbeing and productivity at work

On average, Australians spend 70 per cent of their work day sitting down. For most of us, that's more than five hours glued to a chair!

While some sedentary behaviour is unavoidable, it's important to focus on your health and wellbeing at work to reduce the risk of illness and increase overall productivity.

Cancer Council Queensland has five top tips to get you started.

1. Stand up. Implement simple strategies to break up prolonged periods of sitting. Why not request standing meetings or make an effort to stand while talking on the telephone? Research shows frequent micro breaks improve comfort, work performance and overall wellbeing.

2. Take a break. When your schedule fills up, it feels easier to eat on the go. However, it's important to make your break a priority. Block out a break in your calendar each day to avoid the temptation of eating at your desk. Spend the time re-energising with a walk around the block, having lunch with friends, or simply doing gentle muscle stretches.

3. Assess your desk. Notice aches and pains after a long day in the office? Poor posture and incorrect desk ergonomics may be the cause. When sitting on your chair you should be able to put your feet flat on the floor, with knees in line with your hips. Position your computer screen directly in front of you, with the top of the screen approximately 2-3 inches above eye level. Sit at least an arm's length away for maximum comfort.

4. Stretch. Every 20 minutes, stop and stretch for 30 seconds. Gently stretch your neck, shoulders, back, arms and feet to keep your muscles, bones and joints in fine form. If you work at a computer, frequently take your eyes off the screen to avoid strain. Roll your eyes a couple of times and focus on objects at various distances, before returning to the screen.

5. Get social. With such a large percentage of our day spent at work, it's important to spend time interacting with colleagues. Not only will you make new friends, but socialising for small snippets throughout the day can boost morale, build a sense of community and heighten creativity.

Use these five tips to help spice up your office life – the healthy way.

More information about Cancer Council Queensland is available at cancerqld.org.au or 13 11 20.

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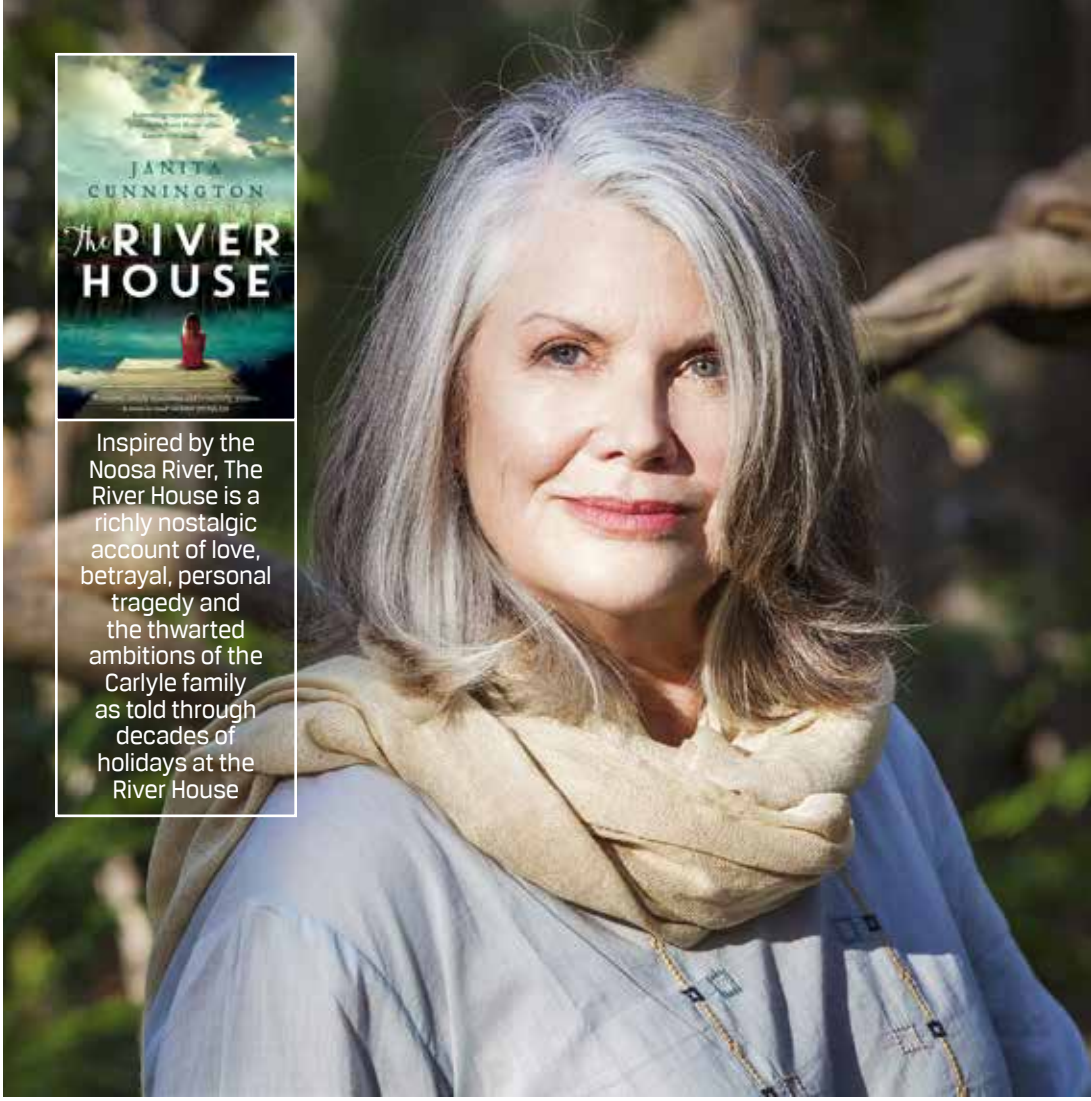
Meet the Author of The River House

Moreton Bay Region Libraries presents a special opportunity to meet Queensland's Janita Cunnington, the author of the new Australian novel and Book Club Pick of 2016, The River House.

Inspired by the Noosa River, Janita Cunnington's debut novel is already taking Australian bookstores by storm with its richly nostalgic account of love, betrayal, personal tragedy and the thwarted ambitions of the Carlyle family as told through decades of holidays at the River House.

Moreton Bay Region book lovers can meet Janita Cunnington and explore The River House at the Bribie Island Library on Thursday, February 11 at 10am.

This special audience with Janita Cunnington is free, but bookings are essential and can be made by phoning 3408 1388 or emailing: libraries@moretonbay.qld.gov.au



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*Person of Interest
Leonie Hoskin

Leonie is the Deputy Range & Design Manager at IKEA of Sweden. She's also Australian.

Leonie joined IKEA Melbourne in 1985 as floor staff. Now Leonie and her team are responsible for giving the IKEA concept life via the ethic of what they call democratic design.

We wanted to ask Leonie how an Aussie girl made it into such a globally influential role and also if she could share some secrets with us.

Hi Leonie, can you tell us what the Deputy Range & Design Manager of IKEA Sweden does?
We have around 50 range managers, we have around 70 product developers and I lead and support them in the development and creation of our range at IKEA and the execution of democratic design. I have a sort of indirect leader responsibility. I have the responsibility to lead, together with a team of range managers, and product developers.

You're an Australian, how did you end up in this Swedish role?
My dream was to be a sports teacher. Back then, many Australian kids wanted to work in the sports field as we'd just come off the back of very good Olympics performance, but to be a sports teacher in Australia you needed the qualifications of a Doctor and I barely passed high school.

I remember looking for many different jobs and at one stage I drove past this vacant block of land it said "IKEA opening soon" and I thought that seemed interesting.

IKEA in Australia originally had very small concessions inside another furniture store, the Anderson Brothers shop in Melbourne. I remember going in there and I thought it was so fresh and so new and interesting. I bought some coat hangers.

When I saw that there was a store opening I thought I'd apply for a job and I got the job in the sales team. I was employee number one at the first real IKEA store in Melbourne.

I remember my first day distinctly, I got this little Allen Key and we had to build all the furniture for the show room. I would come home every night and say to my Mum that my hands were so sore but I really love what I'm doing. I know it sounds really clichéd but from the very first day I loved what I was doing, I loved to go to work. Every day was new and interesting.

I loved what I was doing, I worked really hard at what I was doing and opportunities came.

And then at one point, the world opened up for me, I got the opportunity to see the world and work (for IKEA) at the same time. That's something that I never would have predicted. I've even surprised myself.

I was working as salesperson, we had a guy who used to do all the sign writing by hand and I asked him could he teach me

I never thought then that I would work with leading the range development and influencing that, like… you're on this stool and it's black or it's white.

I think the future is filled with opportunities here. Because we're global we have more or less nearly every possible job you could think of, from cleaning to cooking meatballs to working in the warehouse, working as a lawyer and so on.

What education do you have?
I finished high school. When I was working as salesperson, we had a guy who used to do all the sign writing by hand and I asked him could he teach me. He said "yeah you can pay me some cigarettes and I'll teach you in my lunch break". So he taught me to do the special Swedish style hand writing with big pens. Later he left, so within a year of joining IKEA they needed someone who could do this hand writing, I could do it, so I got that job. That was the beginning of me working in the creative field at IKEA.

Then I went to night school and I studied sign-writing and graphic design and visual merchandising for a couple of years. So I complimented my working in reality with some formal education.

But really where I am today is because of being in the university of work - constant learning. I really believe in 10,000 hours to become an expert.

Over the course of my 30 years I've changed roles about every five years, which is around that 10,000 hours. So I've never been the kind who must have that job tomorrow, I just want to do what I do and I want to do it really well. I also want to have fun doing it.

Where would you be now if you weren't with IKEA:
I don't know to be honest. It's been so much of my life for so long that IKEA's a very integral part of me. It's not work, it's my life. I always dream of having a boat hire on a beach. I kind of like the idea of sitting on a beach chair and doing nothing but that may be more a retirement plan.

I probably would have ended up in retail. Because of that connection to people and interacting. I could never see myself in an office, closed away. I probably would have gone a bit crazy.

It sounds to me like you've got the perfect job for yourself.
Yes, I would say I have. I feel completely blessed by that. I feel lucky. Of course, I wouldn't have said that when I was 25. It took me a while to understand.

We keep hearing the term democratic design. What does that mean to you?
In my daily work it means how we actually create the products and trying to do things in a better way. It can be easy to create beautiful

things that are great quality – but they'll be expensive. Therefore, how can you make beautiful things that are affordable, with great functionality but also make less impact on the environment? These elements are critical in my daily work. That's what it means to me from a work perspective. From a consumer's perspective, the totality of those things is what adds value and meaning to the product.

How successful is IKEA at this democratic design at present?
We're getting better. IKEA has been in Australia for 40 years and in the beginning we didn't have the logistic setup or the quality in production that we do today so we've come a long way on the journey. Are we there yet? No, but what we're really good at is understanding we're on a constant journey. We don't say 'oh right we've done that' and we tick it off. We always feel like we can do better, so that gives us a continuous momentum.

What are the major design trends coming our way?
That's not a question I can answer as directly as you'd like. The trends are very much in the fashion industry - we try to bring that kind of thinking into our range to vitalise it.

At the same time we don't want to have consumption for consumption's sake, we want to add value to the product. So it's more the macro trends that influence us, not just trends as in 'green is going to be the colour'.

Macro trends?
The urbansisation of the world is having a big influence on us. Although it's a bit hard to talk to you about that in Brisbane when you live in these enormous homes (laughs) but the biggest impacts are that people are living multi-generational, so there are more people in one home. The home is becoming more fluid and space is used for different activities (you sleep where you eat, you sleep where eat and so forth). So, the fluid home, urbanisation, small space living; all of these things are having an impact on how we are developing the range. What we see is that people want to personalise and individualise so we offer personalisation and individuality while getting the benefits of mass-production in a good way.

It can be easy to create beautiful things that are great quality – but they'll be expensive

Speaking of the local lifestyle, how does the Australian range differ from overseas? Or does it all?
Yes it does. There's on enormous difference in that the seasons are around the other way. So the summer and outdoors ranges have always been a big problem in the past. So in Australia we carry the outdoor range all year round and an even bigger range here in Brisbane because it's not really a season, it's a lifestyle. So we adapt the range based upon local relevance.

However, people have more in common than they have differences. We think we're all so weird and different but we're not really. You know, you sleep in a bed, and in Sweden they sleep in a bed, but they might sleep with two quilts and you sleep with one doona. The differences are only subtle.

What can we as consumers expect from IKEA in the future?
One of the biggest changes you'll see is that we're working on many fantastic basics. The core things that make life at home wonderful from a function, form and democratic design perspective. A lot of our great basics in the past don't necessarily reflect the needs of life at home today or they're not as affordable as they could be.

Then we're doing a lot with needs of consuming within one planet so we're trying to utilise our waste more, we're looking at material choices that have a lower impact on the environment and materials that are more light-weight so I think you will see more new and interesting materials and we're looking to development more basic heros of tomorrow.

Lastly Leonie, you say EE-KEA but everyone I know says EYE-KEA? Which is correct?
Aussies are right (with a laugh and wink). Actually, there's no right or wrong.

That's democracy for you. Thanks for your time Leonie.

IKEA North Lakes is hiring. If you fancy a journey like Leonie's keep your eye on both ikea.com and seek.com. Co-working (floor staff) recruitment will start in May.

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A new bus network and timetable that will deliver more buses and higher frequency services when the Moreton Bay Rail Link is opened mid-year was just released.

Minister for Transport Stirling Hinchliffe said an extensive six week community consultation was instrumental in shaping the plan for final network.

"More than 3,300 pieces of feedback were considered to design the new bus network and deliver the best outcome for the region," Mr Hinchliffe said.

"The changes to the local bus network will support the new MBRL train timetable and achieve a better integrated public transport network for the Moreton Bay region, delivering more high frequency buses and improving transport connections across the community.

"The new timetable provides connections to the new train stations, services new and growing areas and will ensure the network is easier and more intuitive to use.

"I would like to acknowledge the hard work of Queensland Rail and our bus operators Hornibrook, Bus Lines Kangaroo Bus Lines and Thompsons Bus Services who have worked hard to assist in providing new public transport options for the people of the Moreton Bay region."

Mr Hinchliffe said the new timetable would improve the way locals use public transport in the region.

Mr Hinchliffe said the MBRL project will transform the region, delivering a 14km dual-track passenger rail line from Lawnton to Kippa-Ring and six new stations.

"When the line opens the region will see an extra 650 weekly express train services, trains every six to twelve minutes in morning and afternoon peaks and trains every 30 minutes in off peak and during weekends," Mr Hinchliffe said.

The opening date of the new Moreton Bay Rail Link and new bus network will be announced soon.

Once the opening date has been announced, we will let you know when the new bus network and train line will start operating.

Better Bus Services for the Region

The new bus network features include:

- Upgraded bus network with an additional 261 services a week and a range of new options including; additional early morning and night-time services and an increased span of operating hours on six additional routes every weekday.
- More buses on the weekends - with increased operating hours on eight routes throughout the region.
- Better access to weekend buses - with 98 per cent of residents within a 400 metre walk of a Sunday service.
- More daily bus trips - with an extra 157 trips each weekday and an additional 104 trips every weekend.
- Higher frequency services during peak hour – 31 per cent of residents will be within a 400m walking distance of a high frequency service in morning peak. This is nearly four times the number of residents who have close access to these types of services now.

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Directed by Sandra Hines

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MATINEES 2pm: Feb 28 March 6

TICKETS: Adults $20 Pensioners $17 Children $14 Family 2 adults + 2 children $54

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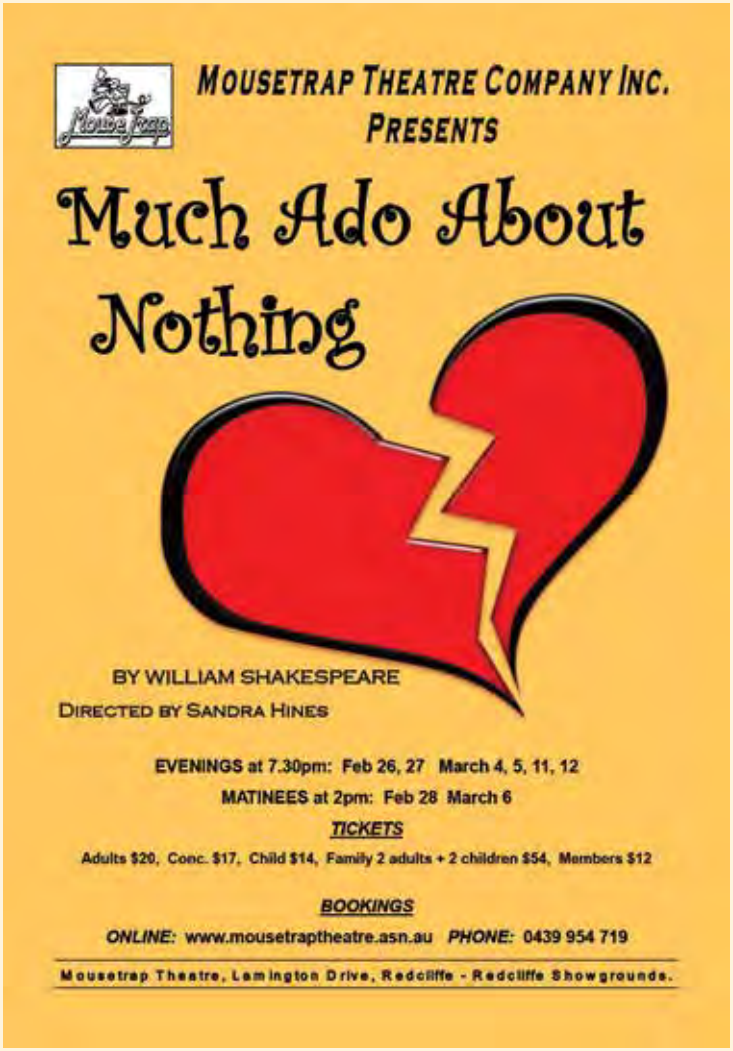
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BY WILLIAM SHAKESPEARE
DIRECTED BY SANDRA HINES
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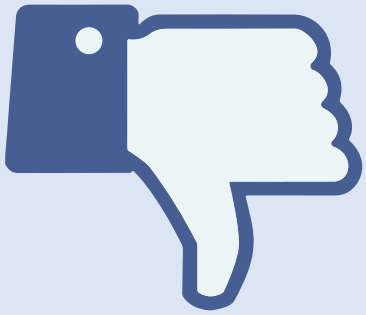
Conversations with Leonie



REALLY DON'T LIKE

Every time my ex likes something I have posted or I like something of his, my husband sulks.

Hi Leonie,

I have been married just over a year and I am worried that my husband may end up being one of those controlling types that turn into a bully.

We only really fight about one issue and that is my ex who is now just a friend. This is my second marriage and I have lots of shared friends with my ex. We don't hate each other. We just realised that we were not as good as a couple as we are as friends.

I love him like a brother now but my husband is a raging jealous monster and wants me to take down all the photos of him from Facebook and delete the albums of our time together. The thing is that my one and only trip to Europe was with my ex. If I delete everything to do with him, I delete the whole trip and all the wonderful memories.

Every time my ex likes something I have posted or I like something of his, my husband sulks. I have told him that he is insecure and untrusting and given that we are in our early forties, he has to accept that I have a past.

He just cut his ex wife out of the picture all together and gave her all of the friends. This was his choice but it's unfair to expect that I do the same and I won't have it.

How can I get him to lay off this subject for good? I'm so sick of defending this trivial issue.

Pauline/Burpengary

Hi Pauline,

I don't think that this is a trivial issue at all and I feel that your husband has a high level of emotional intelligence in the way he operates regarding his ex. I feel that there should be no room made for ex partners in either of your lives unless there are shared children and parenting responsibilities.

Here is what I explore with my clients when this common issue comes into the counselling room. If there are children, consider keeping the necessary contact to a minimum and only about the welfare of the children.

In regards to photos of your ex and any wedding albums and dear keepsakes, consider putting them away out of sight and for heaven's sake don't keep them alive on social media. Think long and hard before adding an ex to your friends list on FB or any other online forum, or for that matter, having any social interactions with them at all.

I know that many therapists believe that friendships with an ex can work but I'm not one of them. You may say to yourself, "But we were friends and had some great times together" Yes all this is true and it's the very reason they need to be placed firmly in your rear view mirror.

Think about it, if your partner has been intimate with someone, shared their life and love with them, met their mutual families and had fun adventures together, most likely exchanged "I love you's" and depended on them for emotional support, would you want them to stay in your partner's life? I'm guessing the answer is a big fat NO! So don't ask them to accept having your ex on the scene either.

Trust me; it's a complication that can grow distrust and turn into the very issue that ends up killing your relationship. Be sensible. Never ask your partner to do anything that you yourself would be uncomfortable with. Doing this brings your ex out of the past and into the present and that is no way to respect your new partner. IF you truly want this marriage to have the best chance of success, its time to start operating like and adult and prioritising your current relationship.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner.
For appointments please phone 3886 2715 or 0423 653 841

Compulsory fulltime Prep year from 2017

All Prep-aged children will be in a Prep classroom from 2017, under a plan announced by Premier Annastacia Palaszczuk last week

Prep is the first year of school and provides the foundation for your child's education. It is a full-time program held in primary schools. Children attend Monday-Friday, generally from 9am-3pm. Children must be 5 by 30 June in the year they enrol.

Ms Palaszczuk said Queensland parents had been able to enrol their children in Prep since 2007.

However, she said under current arrangements legislation did not require Queensland children to complete a fulltime Prep year before entering Year 1.

Ms Palaszczuk said since the introduction of a Prep year and the National Curriculum, there had been a strong overall improvement in Queensland's Year 3 NAPLAN results.

"We want all students to benefit from a fulltime Prep year before starting Year 1," Ms Palaszczuk said.

"I want to build on the Government's provision of 15 hours each week of kindergarten for all our four-year-olds.

"It was a Labor Government that footed the bill and kick-started universal Prep in 2007 – addressing a great disadvantage for our youngsters."

In 2015 98% of Year 1 students attended a year of schooling before commencing Year 1.

Estimates are that around 500 children are missing out of the benefits of Prep.

"We want all students to attend class every school day because we know that fulltime Prep is a great start to school and an important start to learning," Ms Palaszczuk said.

Education Minister Kate Jones said the past ten years had clearly shown just how beneficial a Prep year was to a child's early phase of learning.

"It's been almost 10 years since Labor introduced the Prep year and NAPLAN results have proven the benefits of this extra year of schooling," Ms Jones said.

every child will need to attend Prep as the first step in their formal school education

"Last year's Year 7s were the first full Prep cohort and they returned their best ever results for reading, spelling and numeracy.

"They are better equipped for their seamless entry into more formal education in our schools.

"However, some children are missing out on the benefits of a full Prep year.

"As a result some children are behind those who have had the advantage of a fulltime Prep year when they start in Year 1.

"Like the Premier, I believe a compulsory Prep year will benefit children's education," Ms Jones said.

Ms Palaszczuk said another great benefit

was the ability of teachers to identify students who may need further assistance early on in their education "All our children must have the same opportunity and the very best of starts with their schooling," she said.

"I have asked the Education Minister to begin consulting with parents, teachers, early childhood educators and other key stakeholders as we prepare the legislation required to make this happen.

"So principals and parents have plenty of time to prepare for the introduction of compulsory Prep, we will introduce the necessary changes to the Education General Provisions Act later this year.

"There still needs to be some flexibility, as I do understand in some circumstances some children may not be ready for Prep in the year they turn 5 by the 30th June and may need an extra year of kindy.

"However, every child will need to attend Prep as the first step in their formal school education."

President of the Queensland Association of State School Principals Michael Fay said Prep gives children the best possible start to their education.

"This sends a strong message that Prep is a vitally important part of school education laying a strong foundation for the primary years which follow," Mr Fay said.

"I hate being so damn toned"
Said no one ever.

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School zones = slow down!

As thousands of Queensland students now back at school motorists are being reminded to stay alert

Main Roads, Road Safety and Ports Minister Mark Bailey said drivers needed to be extra vigilant in school zones. He also urged parents and carers to talk to children about road safety and monitor them closely while travelling to and from school.

"The safety of all Queenslanders – especially our youngest ones – is our top priority at all times," Mr Bailey said.

Mr Bailey said children, especially those in younger grades, were unpredictable around traffic as they continued to learn road rules and safety.

"The first day, and first few weeks of school, is a settling-in period for students and their exuberance can sometimes lead to spontaneous actions," he said.

"We want children to get to and from school safely but it's up to us as drivers and parents or carers to ensure their safety."

It is law that motorists are required to slow down to the reduced speed limit before entering school zones and the reality is slowing down to the correct speed limit can save someone's life or prevent serious injury.

With a few exceptions, school zones in Queensland have now been standardised to 7am to 9am and 2pm to 4pm.

"We encourage drivers to check the school zone times of the areas you drive through and make sure you are driving to the speed limit," Mr Bailey said.

"If you have slowed to the correct speed around a school, you have a much better chance of stopping your vehicle if a student runs out in front of you.

"I'm also asking parents to join the drive to save lives and sit down and talk about road safety with their children before they allow them to independently walk or ride to school.

"School children need to know to cross the road only when it is safe, such as where a school crossing supervisor can assist or at traffic lights."

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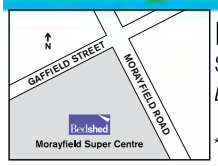

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Dr Prasad enjoys all aspects of general practice and has a special interest in Skin Conditions, Paediatrics, Cardiology, Oncology, Pre-Employment Medicals and Women's Health. After 7 years of Family Practice in Hervey Bay, Dr Prasad has moved with his family to Brisbane and looks forward to servicing the North Lakes community.

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Lunchboxes inspiration or frustration?

It's lunchbox time again!

No matter if you love or hate your kitchen, there always a time when packing lunchboxes feels like a chore. When Miss 8 first started at child care many years ago I was incredibly hard on myself when packing her lunchbox. I tussled with the dream of providing a bento box masterpiece, enough variety, enough food (but not too much), food she'd eat and not waste, avoiding additives, preservatives and anything in a packet.

I wanted it to be filled with interesting, nutritious, delicious food that would help show a little bit of her mum's love for her while we were apart. Because lunchboxes do all that, see. That's why we get so tied in knots about them.

Over the years I've reflected on my own experience and that of my clients. I believe now that packing your kids' lunchbox can be a source of inspiration rather than frustration when we consider two things:

1. Tune in to your child's nutrition needs at school or child care
2. Match your lunchbox strategy with your skills, abilities and the time you have available

Tune In

We all have quirks when it comes to eating and I bet you can list off your child's quirks like a rap sheet. You are the expert on your kids. You know that Jack prefers small red apples (not green ones) but won't eat them when the flesh goes brown. Zoe will leave crusts uneaten if the filling isn't to the edge of the sandwich. Jessica gets distracted easily at the dinner table. Playing is #1 priority for Dean, not eating.

We all want our kids to be nourished in the best way possible. Consider what you can do to make lunchbox contents easy and appealing for your kids.

- Talk to your kids if they're old enough about what works well and what doesn't. Find solutions together to soggy fillings (e.g. can we leave it out, pat it dry first?), foods getting too hot or cold (e.g. can we eat it first or last, freeze it?). Get to the bottom of why food is coming home uneaten.
- Make sure your preppie can open all food containers and packets by himself.
- Pack small if you have a small eater. Big portions can be a BIG turn off for kids with a small appetite. Include fillers that pack a nutritional punch in a bite or two e.g. energy balls, nuts or seeds, egg, crackers & cheese
- Focus on foods that will be satisfying and filling for kids with big appetites. Plenty of fibre from wholegrain breads & cereals, fruit & veggies, a source of protein (meats, legumes, egg, cheese) and a bit of added fat are the key.
- Test out new lunchbox ideas after school or on weekends to see if they're worth adding to your lunchbox menu.
- Include an ice brick and teach kids to eat high risk foods such as yoghurt and meats at first break if food safety is a concern, rather than restrict your lunchbox options.

Your lunchbox strategy = skills + time

Being a baking god or goddess isn't a pre-requisite for a great lunchbox. The key ingredient in all great lunchboxes is VARIETY, both within each lunchbox and day to day. This keeps kids constantly learning about food rather than sinking into food ruts and getting bored. Your list might include plenty of bake-at-home foods or it may include mostly low/no prep ingredients if you're short on time. The biggest lunchbox mistake I see amongst my clients is too much bread, cereal, grain foods and highly processed foods and not enough of anything else.

Create your lunchbox go-to list

A great lunchbox includes of the following food types: (1) breads/cereals/grains, (2) protein (from meat/eggs/fish/nuts & seeds/legumes/tofu), (3) fruit, (4) veggies (in other foods or easy to eat options on their own), (5) dairy, (6) plain water.

- Your lunchbox go-to list can include as many options as you and your kids can think of under each of those headings. The more the better.
- Eating the same thing over and over is boring! Aim for at least 2 options on your go-to list for each food type so you can switch between the two from day to day. Work on expanding variety on weekends so you can build your go-to list.
- Keep your list somewhere handy in the kitchen. As children grow, they can become more responsible for packing their own lunchbox with guidance from you about variety.

Fresh, low or no-prep lunchbox additions

Here's a few to get you started:

Breads/cereals/grains – bread, rolls, wraps, dry breakfast cereal, leftover pasta or rice

Protein (from meat/eggs/fish/nuts & seeds/legumes/tofu) – leftover meat, hard boiled eggs, dried legumes, tin of baked beans, nuts (if allowed) or seeds, tinned fish.

Fruit – fresh whole fruit (pick ones that require no cutting for extra speedy lunchbox assembly), tinned fruit, dried fruit

Veggies – if possible, start by picking one or 2 veggies that your kids enjoy e.g. whole baby carrots (or big ones!), cherry tomatoes, beans or snow peas, lettuce leaves, celery stick, tinned corn or tinned baked beans. Match these with a dip if your kids prefer. Add one type to a sandwich or wrap (you may need to try this out at home first). If your kids are still learning to like veggies, include these regularly into at-home snacks and meals and explore them with your child.

Dairy – single-serve yoghurts, cheese, milk poppers, cream cheese spread.

Wishing you all a little bit of lunchbox magic!

Eat happy, Deb

Deb Blakley
Dietitian-Nutritionist, APD & AN
B App Sc, GrDip Nut&Diet

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The Northlakes Kangaroos Rugby League Football Club was started in 2013 the club had 1 senior men's Team and 30 junior players. Since that time the club has steadily grown that in 2016 the club will have teams in the SEQ Masters league, 2 senior's teams playing in Brisbane Second Division Competition and having 140 children playing in our junior teams from Under 6 to Under 12.

We have been given approval from the council this year that we will have a home ground at the new Kinsella's sports complex. This is very exciting news for our club as last year all our junior games were played away. This will be an amazing sports complex that will house 2 local soccer clubs and ourselves. With the construction of the club house starting mid-2016.

The next twelve months will see some great mile stones for our club The North Lakes Joeys play their first home games at the Kinsella's sports complex. The club is looking at teams from Under 6 to Under 12 for the 2016 season. With the completion of the Clubhouse and additional carparks by March 2017 we will look at expanding age groups up to under 18 in coming years.

The Northlakes Kangaroos has a strong affiliation with Redcliffe Dolphins in juniors and seniors and through this we have availability for juniors to be involved in development squads and representative teams such as Under 16 Cyril Connell and Under 18 Mal Meninga.

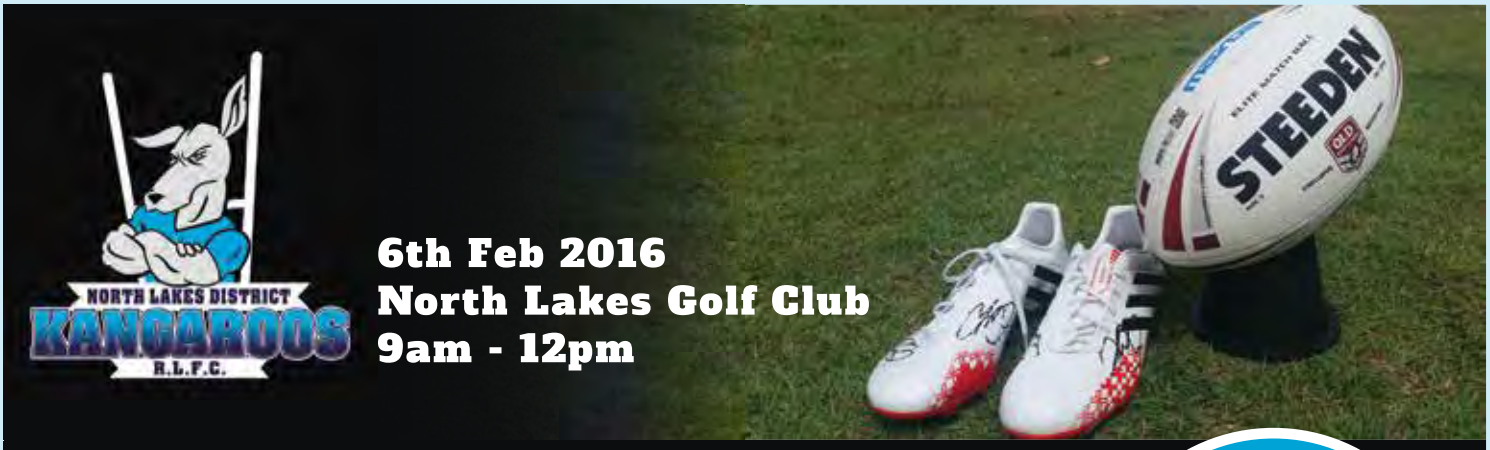
We are looking for Volunteers to help out with the roles of team mangers assistant coaches or join our committee if you want to help us grow our club.

The club would like to thank the following sponsors for the 2016 season OPSM Northlakes who has been a proud supporter since 2014. Hogs Breath Café Redcliffe, Gtrax Barber Shop and Apparel, Northlakes Signs, ASP, Taylor Doors and Frames.

The North Lakes Kangaroos Masters will be embarking on a two week tour of the USA in October to help promote the game of Rugby League we will be conducting training camps, visiting schools and colleges as well we will be playing two games Philadelphia Fight and Brooklyn Kings with a possible against the USA All-stars Pioneers This is a very exciting opportunity for our club we are seeking sponsorship to help fund this trip.

If you would like more information please contact the club via email northlakesrlfc@gmail.com.

Website www.northlakeskangaroos.com.au or download the Northlakes app from Apple or Google play.



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Push for greater healthcare integration in Queensland

By Dr Anita, Brisbane North PHN

The State Government has launched a $35 million integrated care innovation fund to nurture collaboration across the healthcare sector and provide more targeted services for patients.

Health Minister Cameron Dick said the new fund was one of the largest of its kind in the country and would lead to better cooperation between GPs, hospitals and medical clinics.

"I want to see Queensland hospitals partnering with GPs and primary health networks to develop a coordinated approach when it comes to treatment, whether that treatment begins in the community or in our hospitals," Mr Dick said.

"Experts call it 'integrated care' and frankly, Australia can do it better," he said.
The World Health Organization (WHO) has acknowledged that 'integrated health services' means different things to different people and argues that integration is best seen as a continuum rather than as either integrated or not integrated.

According to the WHO, integration is about the organisation of various tasks which need to be performed in order to provide a population with good quality health services.

Timely access to primary health care – for example, from a GP, pharmacist or community nurse – is a key element of integrated care and can help people to avoid hospitalisation for preventable conditions.

In announcing the Queensland Government's push towards greater healthcare integration, Mr Dick said hospitals and health services were full of ideas for improving the patient journey.

To help those ideas become reality, he said the new fund would boost collaboration between the private, public and non-government sectors to better prevent and detect health issues.

Ensuring that funding and organisational structures were focused on providing integrated care would be another priority.

Funding will also be available for projects that supported shared care arrangements between hospitals, GPs and primary health networks and which delivered better cooperation between generalists and specialists.

"These projects will create a health system that focuses on integrating patient care, and avoids duplicate testing and unnecessary hospitalisation," Mr Dick said.

"I want to see more patients accessing treatment and advice faster and closer to home, freeing up specialists in our hospitals to focus on more complex cases.

"More projects like this will deliver a more affordable and sustainable health system for Queenslanders," he said.

Australian Medical Association Queensland welcomed the establishment of the innovation fund.

"Better integration within the healthcare system will undoubtedly benefit Queenslanders," AMA Queensland President Dr Chris Zappala said.

"It will be essential, however, to ensure PHNs and other not-for-profit organisations are involved to ensure that innovation projects are broad enough to be sustainable over the long term," he said.

Brisbane North PHN Chief Executive Abbe Anderson said the extra funding would support people to remain living healthier for longer in the community and in their own homes.

"Integrated patient care reduces demand on the state hospital system by ensuring people are only admitted when they really need to be in hospital," Ms Anderson said.
"Primary health networks are ideally placed to work with hospitals and primary health care providers to keep people healthy and at home," she said.

Mr Dick said hospital and health services would compete for funding based on how innovative their ideas were, how well they supported partnerships and their potential to make a significant difference to the community.

The initial $35 million program will run until June 2018.

Your Stars

Aquarius Jan 21-Feb 19: Go ahead and follow your feelings. You'll find that you're more emotionally intelligent about people than you gave yourself credit for.

Pisces Feb 20-March 20: You now have confirmation on what you felt to be true. Now you know better, can you really go back to the way things were?

Aries March 21-April 20: People really do believe what others are saying, no matter how absurd their claims. You know the truth and that's all that matters.

Taurus April 21-May 21: The more you give, the more you will get in return. But you have to give first.

Gemini May 22-June 21: Arrangements made around the middle of this month will come undone. Weather it's an inconvenience or blessing depends on what comes to light.

Cancer June 22-July 23: Take the time to settle accounts and to make sure that nobody will be left hanging. Only when you know that everything's been taken care of will you be free to go.

Leo July 24-Aug 23: Instead of jamming your solution down a loved one's throat. You may want to wait till they're ready to listen. You'll know when.

Virgo Aug 24-Sept 23: It's clear that you are going to have to take a stand- even if you feel like you are stepping out of line.

Libra Sept 24-Oct 23: Just because somebody's being nice doesn't mean anything's changed. You can only be seduced into giving up your position if you're willing to be.

Scorpio Oct 24-Nov 22: It's upsetting that you don't get the respect that you deserve. That could change overnight when you start giving it to yourself.

Sagittarius Nov 23-Dec 21: Are you running towards your destiny or are you running from it? It's hard to tell. You need to stop, look and listen.

Capricorn Dec 22-Jan 20: Be ready to drop what you're doing to pursue that golden opportunity. This will wreak havoc on your day planner, but it's worth it.

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NORTHPINE CHRISTIAN COLLEGE

NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Mornings: Summer. (PG) **12.00** Australian Geographic Adventures. **12.30** Hot In Cleveland. (PG) **1.00** The Middle. (PG) **1.30** Movie: Mao's Last Dancer. (PG) (2009) **4.00** Coming Home: Australia's RSL. **5.00** News: First At Five. **5.30** Customs. (PG) **6.00** Nine News. **7.00** Australia's Got Talent. (PG) **8.10** Movie: Red Dog. (PG) (2011) **10.10** The Farmer Wants A Wife. (PG) **11.20** Movie: The Brothers Bloom. (M) (2008) **1.30** Sue Thomas: F.B.Eye. (M) **2.30** V.I.P. (M) **3.30** Avengers. (PG) **4.30** Global Shop. **5.00** Leading The Way. (PG) **5.30** Wesley Impact Summer Series. Final.

GO!

6.00 Children's Programs. **7.30** The Day My Butt Went Psycho. **8.00** Wild Kratts. **8.30** Scooby-Doo! (PG) **9.00** The Looney Tunes Show. **9.30** Little Charmers. **10.00** Young Justice. (PG) **10.30** Ben 10: Omniverse. (PG) **11.00** Buzz Bumble. **11.30** Move It. **12.00** Kitchen Whiz. **12.30** SpongeBob SquarePants. **1.30** Wild Kratts. **2.00** My Surf TV. **2.30** Green Lantern. (PG) **3.30** Sonic Boom. (PG) **4.00** Yo-Kai Watch. (PG) **4.30** The Batman. (PG) **5.00** The Tom And Jerry Show. **5.30** Scooby-Doo! (PG) **6.00** Movie: Superman. (PG) (1978) **8.50** Movie: Batman. (PG) (1989) **11.30** Arrow. (M) **1.30** Green Lantern. (PG) **2.00** Little Charmers. **2.30** Yo-Kai Watch. (PG) **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Wild Kratts. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Saturday Disney. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** To Be Advised. **4.00** News. **4.30** Great South East. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: The Parent Trap. (PG) (1998) Lindsay Lohan, Dennis Quaid. **9.35** Movie: The Thomas Crown Affair. (M) (1999) Pierce Brosnan, Rene Russo, Denis Leary. A billionaire steals a Monet painting. **12.00** Movie: Carnage. (M) (2011) Jodie Foster. **1.40** Harry's Practice. **2.00** Shopping. **4.00** It Is Written. (PG) **4.30** Sons And Daughters. (PG) **5.00** Dr Oz. (PG)

7TWO

6.00 Shopping. **7.00** Saturday Disney. **9.00** Jessie. **9.30** Austin & Ally. **10.00** Shopping. **11.00** The Great Australian Doorstep. **11.30** Great South East. **12.00** Creek To Coast. **12.30** The Long Weekender. **1.00** Qld Weekender. **1.30** Melbourne Weekender. **2.00** Thorney's Cooking Central. (PG) **2.30** Best Houses Australia. **3.30** Dealers. (PG) **5.30** 60 Minute Makeover. **7.30** Swimming. Aquatic Super Series. Day 2. **9.30** Fantasy Homes By The Sea. A retired city couple, Tony and Candace, dream of relocating to the South Cornwall coast. **10.30** Motorway Patrol. (PG) A man is lying unconscious on the highway. **11.00** Tennis. Fed Cup. World Group. Round 1. **2.00** Surf Patrol. **2.30** Charlie's Angels. (PG) **3.30** Tombs In The Coral. **4.30** Where The Volcanoes Roared. **5.30** Harry's Practice.

TEN

6.00 Fishing Edge. **6.30** The Home Team. **7.00** iFish. **8.00** Family Feud. **8.30** St10. (PG) **11.00** The Living Room. (PG) **12.00** The Doctors. (PG) **1.00** Healthy Homes TV. **1.30** Everyday Gourmet. **2.00** Places We Go With Jennifer Adams. **2.30** The Home Team. **3.00** Jamie & Jimmy's Food Fight Club. (PG) **4.00** What's Up Down Under. **4.30** Escape Fishing With ET. **5.00** News. **6.00** Jamie's Fifteen Minute Meals. Jamie sets out to create a whole new selection of meals which can be completed in just 15 minutes. **6.30** Movie: Turbo. (G) (2013) Ryan Reynolds, Paul Giamatti. **8.25** To Be Advised. **10.25** Movie: The Reckoning. (M) (2014) Jonathan LaPaglia, Luke Hemsworth. **12.15** 48 Hours. (M) A look at the case of Todd Winkler. **1.00** Shopping. **5.00** Hour Of Power.

ONE

6.00 Shopping. **8.00** M*A*S*H. (PG) **9.00** Reel Rock. (PG) **9.30** World Sport. **10.00** Operation Repo. (PG) **12.00** To Be Advised. **12.30** Car Torque. (PG) **1.00** Motor Racing. World Series Sprintcars. **2.00** Lockyer Valley. **3.00** World's Busiest. (PG) **4.00** Extreme Fishing. (PG) **5.00** Adventure Angler. **5.30** Shark Tank. (PG) **6.30** Monster Jam. **7.30** Black Gold. (PG) **8.30** Movie: Prosecuting Casey Anthony. (M) (2013) Rob Lowe, Elizabeth Mitchell, Oscar Nuñez. **10.30** Rush. (MA15+) New. **11.30** Bellator MMA. (M) **1.30** The Home Team. **2.00** Black Gold. (PG) **3.00** Reel Rock. (PG) **4.00** Motor Racing. Targa Tasmania. Replay. **5.00** Football's Greatest Teams. **5.30** Adventure Angler.

ABC

6.00 Rage. (PG) **10.30** Rage. (PG) **11.30** Pointless. **12.15** Girt By Sea. **1.15** Restoration Man. **2.05** Grand Designs. **3.00** Monty Don's French Gardens. **4.00** Jillaroo School. (PG) **4.30** Landline. **5.00** Griff's Great Britain. **5.30** Inspector George Gently. (PG) **7.00** News. **7.30** Our Zoo. (PG) Final. **8.30** Foyle's War. (M) Final. **10.00** Adam Hills: The Last Leg Down Under. **10.45** Black Comedy. (M) **11.15** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **12.45** Maya The Bee. **12.55** Lah-Lah's Adventures. **1.10** Tinga Tinga Tales. **1.25** LazyTown. **1.50** Messy Goes To Okido. **2.05** Mike The Knight. **2.20** Q Pootle 5. **2.30** Let's Go Pocoyo. **2.40** Dinosaur Train. **3.10** dirtgirlworld. **3.30** Play School. **4.00** Bananas In Pyjamas. **4.10** Little Princess. **4.25** Mister Maker. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.35** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Penn & Teller: Fool Us. (PG) **8.15** Would I Lie To You? **8.45** Dara Ó Briain: Craic Dealer. (M) **9.40** Live At The Apollo. (M) **10.25** Inside Amy Schumer. (M) **10.45** The Office. (M) **11.15** Extras. (M) **11.45** This Old Thing. **12.35** The Incredible Mr Goodwin. (PG) **1.20** Kroll Show. (M) **1.40** News Update. **1.50** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Figure Skating. ISU European Championships. Highlights. **3.35** Massive Moves. **4.00** Massive Moves. **4.25** China's Great Wall. (PG) **5.20** Who Do You Think You Are? **6.30** SBS World News. **7.35** The Wonders Of Britain. **8.30** Movie: Chariots Of Fire. (PG) (1981) **10.50** RockWiz. (M) **11.50** Vikings. (M) **12.40** Vikings. (MA15+) **1.35** Vikings. (M) **2.25** Vikings. (M) **3.20** Vikings. (MA15+) **4.15** Food Lovers' Guide. **4.45** Ebony Society. (M) **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS TWO

6.00 WorldWatch. **9.05** Croatian News. **9.40** Serbian News. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Soccer. A-League. Round 18. Adelaide United v Sydney FC. Replay. **3.05** Benidorm Bastards. (PG) **3.30** Charley Boorman's Extreme Frontiers: South Africa. (PG) **4.25** The Brain: China. **6.00** Movie: The Triplets Of Belleville. (PG) (2003) **7.30** If You Are The One. **8.30** Where The Wild Men Are With Ben Fogle. (PG) **9.20** Commando School. (M) **10.15** Vikings. (MA15+) **11.05** Vikings. (AV15+) **11.55** Vikings. (AV15+) **12.45** Vikings. (AV15+) **1.35** Vikings. (M) **2.30** Movie: What Richard Did. (MA15+) (2012) **4.05** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

6.25pm Wedding Crashers (2005) Comedy. Owen Wilson, Vince Vaughn. (M) *Comedy*
6.30pm District 9 (2009) Sci-fi. Sharlto Copley, David James. (MA15+) *Action*
8.30pm Fury (2014) War. Brad Pitt, Shia LaBeouf. (MA15+) *Action*

GENERAL

6.30pm My Big Redneck Vacation. (PG) *A&E*
7.30pm The Shannara Chronicles. (M) *SyFy*
7.30pm American Ninja Warrior. (PG) *FOX8*

DOCUMENTARY

7.30pm I Dated A Psycho. (M) *Crime & Investigation*
7.30pm First Australians. (PG) *History*
5.00pm BBQ Crawl. *A&E*

SPORT

10.30am Rugby Sevens. World Sevens Series. Sydney. Day 1. *Fox Sports 2*
7.30pm Soccer. A-League. Round 18. Melbourne Victory v Western Sydney Wanderers. *Fox Sports 4*
10.30pm Cricket. One-day International Series. South Africa v England. Game 2. *Fox Sports 2*

0602

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** The Conversation. New. **10.30** My Surf TV. **11.00** Cybershack. (PG) **11.30** Endangered. **12.30** The Wildlife Man Featuring David Ireland. (PG) **1.30** Surfing. 2015 WSL Big Wave Tour. Round 4. Pe'ahi Challenge. Highlights. **2.00** Ironman. Kellogg's Nutri-Grain Series. Round 3. **4.00** Explore Canada. **5.00** News: First At Five. **5.30** Customs. (PG) **6.00** Nine News. **7.00** Australia's Got Talent. (PG) **8.15** 60 Minutes. **9.25** Murder Games. (M) **10.35** Real Detective. (M) New. **11.35** CSI: NY. (MA15+) **12.30** Person Of Interest. (M) **1.30** V.I.P. (M) **2.30** Anger Management. (M) **3.00** Global Shop. **3.30** Skippy. **4.00** GMA. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Power Rangers Dino Charge. (PG) **11.30** Rabbids. (PG) **12.00** Sonic Boom. (PG) **12.30** SpongeBob SquarePants. **1.30** Wild Kratts. **2.00** Yu-Gi-Oh! Arc-V. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** Teen Titans Go! (PG) **4.00** Yo-Kai Watch. (PG) **5.00** The Batman. (PG) **5.30** Scooby-Doo! (PG) **6.00** The Looney Tunes Show. **6.30** Movie: Charlie And The Chocolate Factory. (PG) (2005) **8.50** Movie: Cowboys & Aliens. (M) (2011) **11.15** Two And A Half Men. (M) **12.10** All The Right Moves. (PG) **2.00** Little Charmers. **2.30** Yo-Kai Watch. (PG) **3.00** The Looney Tunes Show. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Wild Kratts. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Doc McStuffins. **6.30** Miles From Tomorrowland. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **11.00** Motor Racing. Bathurst 12 Hour. Continued. **5.00** The Chase Australia. **6.00** News. **7.00** My Kitchen Rules. (PG) The competition travels to South Australia where Rosie and Paige host an instant restaurant. **8.30** Miniseries: Molly. (M) Part 1 of 2. Follows the career of legendary music and TV personality, Ian "Molly" Meldrum. **10.30** To Be Advised. **11.45** Heroes Reborn. (M) Return. **12.45** State Of Affairs. (M) Final. **2.00** Shopping. **4.00** Harry's Practice. **4.30** News. **5.00** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written. (PG) **9.00** Shopping. **9.30** Australia's Best Houses. (PG) **10.00** Home And Away Catch-Up. (PG) **12.30** Storage Hoarders. **2.30** Escape To The Country. **4.30** Fantasy Homes By The Sea. **5.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. The teams head to Lewes. **7.30** House Wreck Rescue. (PG) A property developer attempts to transform a basement flat into a super sleek, two-bedroom pad. **8.30** Escape To The Country. Prospective buyers find their dream home in the country, to suit their budget and lifestyle. **10.30** Tennis. Fed Cup. World Group. Round 1. **1.30** Australia's Best Houses. (PG) **2.00** Bargain Hunt. **3.00** House Wreck Rescue. (PG) **4.00** Escape To The Country.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** The Home Team. **8.30** St10. (PG) **11.00** Just Go. **11.30** People Of The Vines. **12.00** GCBC. **12.30** Let's Do Coffee. **1.00** The Offroad Adventure Show. **1.30** Car Torque. **2.00** 4x4 Adventures. **3.00** Far Flung. **4.00** iFish. **5.00** News. **6.00** Family Feud: Sunday. **6.30** I'm A Celebrity… Get Me Out Of Here! (PG) **8.00** Modern Family. (PG) **8.30** The X-Files. A body is found in the woods. **9.30** Limitless. (M) **10.30** Movie: The Counselor. (AV15+) (2013) **1.00** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Healthy Homes TV. **8.30** GT Academy. **9.00** Escape Fishing With ET. **9.30** Extreme Fishing. (PG) **10.30** Reel Rock. (PG) **11.00** Fishing Edge. **11.30** Temporary Australians. (PG) **12.00** Whacked Out Sports. (PG) **12.30** World Sport. **1.00** Undercover Boss. (PG) **2.00** 4WD Touring Australia. **3.00** The Offroad Adventure Show. **4.00** Megafactories. **5.00** What's Up Down Under. **5.30** Adventure Angler. (PG) **6.00** Family Feud: Sunday. **6.30** M*A*S*H. (PG) **7.30** Scorpion. (PG) **8.30** David Attenborough's Africa. **9.30** Movie: Hancock. (M) (2008) **11.30** World Sport. **12.00** Black Gold. (PG) **1.00** Operation Repo. (PG) **3.30** Motor Racing. Porsche Carrera Cup. Round 3. Phillip Island Pro-Am. Replay. **4.30** Football's Greatest Teams. **5.30** Adventure Angler. (PG)

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. Return. **10.00** Offsiders. Return. **10.30** Australia Wide. **11.00** World This Week. **11.30** Praise. **12.00** Landline. **1.00** Our Zoo. (PG) Final. **2.00** Wagner Under The Sails. **3.00** Life Architecturally. **3.30** Show Me The Magic: Don McAlpine. (PG) **4.30** Julia Zemiro's Home Delivery. (PG) **5.00** Time Scanners. Final. **6.00** Antiques Roadshow. **7.00** News. **7.40** Doc Martin. (PG) Return. **8.30** Vera. (M) **10.00** The Weekly. (M) **10.30** Redfern Now. (M) **11.25** Autopsy On A Dream. (M) **12.50** Rage. (MA15+) **2.35** Time Scanners. Final. **3.30** Vera. (M) **5.10** Doc Martin. (PG)

ABC2

6.00 Children's Programs. **5.00** Octonauts. **5.10** Octonauts. **5.20** Octonauts. **5.35** Octonauts. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.35** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Build A New Life In The Country. **8.15** Dream Build. **8.25** Gruen Pitch Rewind. (PG) **8.30** Dara Ó Briain: Talks Funny. (M) **9.25** Dara Ó Briain: Craic Dealer. (M) **10.25** Buzzcocks. (M) **10.55** Bodyshockers: Nips, Tucks And Tattoos. (M) **11.45** Louis Theroux's Weird Weekends. (M) **12.35** Nick Baker's Weird Creatures. **1.25** Swamp Brothers. (PG) **1.50** Deadly 60. **2.20** News Update. **2.25** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.20** Arabic News. **12.30** Turkish News. **1.00** The World Game. **2.00** Speedweek. **4.00** Voxwomen Cycling. **4.30** Trawlermen. **5.00** Trawlermen. (PG) **5.30** Dive WWII. (PG) **6.30** SBS World News. **7.35** China: Treasures Of The Jade Empire. (PG) **8.30** Planes That Changed The World. (PG) **9.25** Movie: Monty Python And The Holy Grail. (PG) (1975) **11.00** Monty Python's Best Bits (Mostly) (PG) **11.30** Movie: The Women On The 6th Floor. (PG) (2010) **1.25** Movie: Masquerades. (PG) (2008) **3.05** The Real Man's Road Trip. (PG) **4.00** The Truth About Taste. **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS TWO

6.00 WorldWatch. **9.00** PopAsia. (PG) **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Movie: The Triplets Of Belleville. (PG) (2003) **2.30** Duck Quacks Don't Echo. (M) **3.20** Girls Get Out There. (PG) **3.50** Be Your Own Boss. (PG) **4.55** Iron Chef. **5.40** The Brain: China. **7.30** If You Are The One. **8.30** The Family Law. (M) **9.00** Drunk History. (PG) **9.25** South Park. (M) **9.55** Russell Howard's Good News. (M) **10.30** Love And Sex In An Age Of Pornography. (MA15+) **11.30** Sex: An Unnatural History. (MA15+) **12.00** In Her Skin. (PG) **12.50** In Her Skin. (PG) **1.45** Movie: Everything Will Be Fine. (M) (2010) **3.25** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

6.10pm American Sniper (2014) Action. Bradley Cooper, Sienna Miller. (MA15+) *Premiere*
6.30pm Superbad (2007) Comedy. Jonah Hill, Michael Cera. (MA15+) *Comedy*
9.05pm Paper Planes (2014) Drama. Sam Worthington, Ed Oxenbould. (G) *Family*

GENERAL

6.30pm Welcome To Sweden. (M) *Comedy Channel*
7.00pm It's Always Sunny In Philadelphia. (M) *Comedy Channel*
7.35pm Bones. (MA15+) *SoHo*

DOCUMENTARY

4.30pm Raiders of the Lost Art. (PG) *History*
8.30pm Oprah: Where Are They Now? (PG) *TLC*
8.30pm Me And My Guide Dog. *Lifestyle*

SPORT

10.00am Basketball. College. Mississippi State v LSU. *ESPN2*
1.00pm Basketball. NBA. Oklahoma City Thunder v Golden State Warriors. *ESPN*
5.00pm Soccer. A-League. Round 18. Newcastle Jets v Melbourne City. *Fox Sports 4*

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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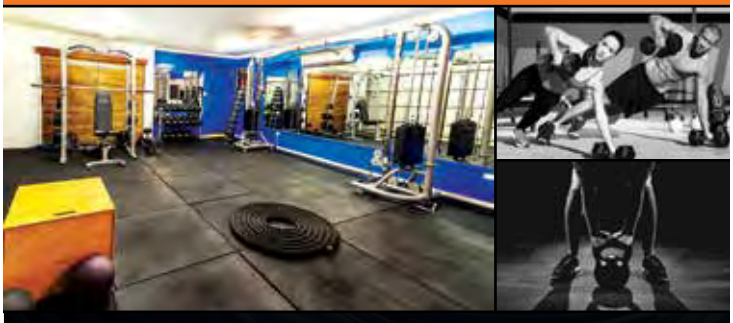

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SILVER PARTNER

NINE

6.00 Today. **9.00** Today Extra. (PG) Return. **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Movie: Not Easily Broken. (M) (2009) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Australia's Got Talent. (PG) **8.45** The Farmer Wants A Wife. (PG) **11.00** Flash Families. (M) **12.00** Underbelly: Badness. (M) **1.00** V.I.P. (M) **2.00** Danoz. **2.30** Global Shop. **3.00** Extra. **3.30** GMA. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **9.00** Magical Tales. **9.30** Little Charmers. **10.00** SpongeBob SquarePants. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! Classic. (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** The Batman. **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! Arc-V. (PG) **2.30** Wild Kratts. **3.00** SpongeBob SquarePants. **3.30** Rabbids. (PG) **4.00** Scooby-Doo! (PG) **4.30** Young Justice. (PG) **5.00** Ben 10: Omniverse. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Deals, Wheels And Steals. New. **8.00** Top Gear. (PG) **9.30** Movie: Under Siege. (M) (1992) **11.40** Two And A Half Men. (M) **12.05** Sullivan & Son. (M) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Rabbids. (PG) **2.00** Wild Kratts. **2.30** The Batman. **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Yu-Gi-Oh! Arc-V. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Sunrise. **9.00** NFL. NFL. Super Bowl 50. Carolina Panthers v Denver Broncos. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** My Kitchen Rules. (PG) **9.00** Seven News Investigates: Anita Cobby – You Thought You Knew It All... On the 30th anniversary of Anita Cobby's death, her husband, gives his first TV interview. **10.00** Air Crash Investigation. (PG) **11.00** Ramsay's Kitchen Nightmares USA. (M) **12.00** The Amazing Race. (PG) **1.00** The Amazing Race. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Match It. **7.30** The Woodlies. **8.00** Larry The Lawnmower. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **10.30** NBC Press. **11.30** Medical Emergency. (PG) **12.00** Dr Oz. (PG) **1.00** Revenge. (M) **2.00** Charlie's Angels. (PG) **3.00** Who's The Boss? (PG) **3.30** I Dream Of Jeannie. **4.00** Bewitched. **4.30** Homes Under The Hammer. **5.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Cities Of The Underworld. (PG) **8.30** A Touch Of Frost. (M) A man's body is found atop a mountain of glass at a council recycling plant, with nothing to identify him but one gold tooth. **10.30** Waking The Dead. (MA15+) **11.45** Bargain Hunt. **12.45** Homes Under The Hammer. **1.45** Cities Of The Underworld. (PG) **2.45** Waking The Dead. (MA15+) **4.00** Movie: Tall In The Saddle. (G) (1944)

TEN

6.00 Ent. Tonight. **6.30** GCBC. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** To Be Advised. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) The celebrities are challenged to collect stars hidden within ostrich eggs, buried in a pen full of the giant birds. **9.00** CSI: Cyber. (M) Return. DB Russell joins the team as the new Director of Next Generation Forensics. **10.00** Elementary. Watson wrangles a gig with the FBI. **11.00** The Project. **12.00** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Black Gold. (PG) **9.00** Totally Wild. **10.00** David Attenborough's Africa. **11.00** M*A*S*H. (PG) **12.00** The Biggest Loser USA. (PG) Return. **2.00** Black Gold. (PG) **3.00** Adventure Angler. **3.30** iFish Summer. **4.00** Diagnosis Murder. (PG) **5.00** Operation Repo. (PG) **5.30** Whacked Out Sports. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Undercover Boss. (PG) **8.30** Movie: The Devil's Own. (M) (1997) Harrison Ford, Brad Pitt. **10.50** The Comedians. (M) New. **11.20** Operation Repo. (PG) **11.50** The Home Team. **12.20** Shopping. **2.20** Diagnosis Murder. (M) **3.20** Diagnosis Murder. (PG) **4.20** Car Torque. (PG) **4.50** RPM Moment. **5.00** Adventure Angler. **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** ABC News. **10.00** Landline. **11.00** Australia Wide. **11.30** The Mix. **12.00** News. **1.00** Antiques Roadshow. **2.00** Parliament. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.25** Grand Designs. **6.15** Pointless. **7.00** News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.20** Media Watch. (PG) **9.35** Q&A. **10.40** Lateline. **11.10** The Business. **11.25** Golf. USPGA Tour. Phoenix Open. Highlights. **12.20** Parliament. **1.20** Miniseries: The Pillars Of The Earth. (MA15+) **3.00** Rage. (MA15+) **5.10** The Bill. (PG)

ABC2

6.00 Children's Programs. **2.30** Let's Go Pocoyo. **2.40** Dinosaur Train. **3.10** dirtgirlworld. **3.30** Play School. **3.55** SplashDance. **4.00** Bananas In Pyjamas. **4.10** Little Princess. **4.25** Mister Maker. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.35** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. (PG) **8.20** Gruen Pitch Rewind. (PG) **8.30** Louis Theroux's LA Stories. (M) **9.30** Ross Kemp: Extreme World. (MA15+) **10.15** Adam Hills: The Last Leg. (MA15+) **11.00** Jimmy Fallon. (PG) **11.40** Dara Ó Briain: Talks Funny. (M) **12.35** Simon Amstell: Numb. (M) **1.35** River Monsters. (PG) **2.25** News Update. **2.30** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** Idina Menzel Live: Barefoot At The Symphony. (PG) **3.00** The Lakes. **3.30** If Walls Could Talk. (PG) **4.30** Historic Walks. **5.00** Historic Walks. **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.30** Secret Life Of Breasts. (PG) **8.30** Trawlermen: The Catch. (MA15+) **9.25** Bear Grylls' Mission Survive. (M) New. **10.25** SBS World News Late Edition. **11.00** Romanzo Criminale. **12.05** Romanzo Criminale. **1.10** The Secret Life Of The Sun. **2.10** Hard. (MA15+) **2.40** Hard. (MA15+) **3.15** RockWiz. (PG) **4.00** 24 Hours In Emergency. (M) **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Romanian News. **4.00** Brain Games. **4.35** Night Shift. **4.50** Vs Arashi. **5.45** The Office. (PG) **6.10** The Office. (PG) **6.40** If You Are The One. **7.30** The Feed. Return. **8.00** Community. (PG) **8.30** The Returned. (MA15+) **9.35** Movie: Dallas Buyers Club. (MA15+) (2013) **11.45** Movie: The Way He Looks. (M) (2014) **1.30** The Feed. **2.00** The Sarah Silverman Program. (M) **2.25** Free Radio. (PG) **2.55** RuPaul's Drag Race. (M) **3.45** RuPaul's Drag Race. (M) **4.35** RT News In English From Moscow. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

8.30pm Goodfellas (1990) Crime. Robert De Niro, Ray Liotta. (MA15+) *Masterpiece*

8.30pm Blazing Saddles (1974) Comedy. Cleavon Little, Gene Wilder. (M) *Comedy*

8.30pm Snowpiercer (2013) Sci-fi. Chris Evans, Tilda Swinton. (MA15+) *Action*

GENERAL

8.30pm Vikings. (MA15+) *FX*

8.30pm Elementary. (M) *SoHo*

8.30pm Grimm. (MA15+) *FOX8*

10.30pm The Tonight Show Starring Jimmy Fallon. (M) *E!*

DOCUMENTARY

1.30pm Bake with Anna. (PG) *Lifestyle Food*

8.30pm Jay Leno's Garage. (PG) *Discovery Turbo*

8.30pm Alex Polizzi's Italian Islands. *Lifestyle*

SPORT

6.00am Golf. USPGA Tour. Phoenix Open. Final round. *Fox Sports 2*

10.00am Gridiron. NFL. Super Bowl 50. Panthers v Broncos. *ESPN*

11.30am Cricket. One-day International Series. New Zealand v Australia. Game 3. *Fox Sports 3*

0802

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Movie: Nights In Rodanthe. (PG) (2008) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Big Bang. (PG) **8.00** Big Bang. (PG) **8.30** Here Come The Habibs! (PG) New. **9.15** Lip Sync Battle. Return. **9.45** Movie: Zoolander. (M) (2001) **11.30** Anger Management. (M) **12.00** 20/20. **1.00** Extra. **1.30** Danoz. **2.30** Global Shop. **3.00** Skippy. **3.30** GMA. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! Classic. (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** The Batman. **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! Arc-V. (PG) **2.30** Wild Kratts. **3.00** SpongeBob SquarePants. **3.30** Rabbids. (PG) **4.00** Scooby-Doo! (PG) **4.30** Young Justice. (PG) **5.00** Ben 10: Omniverse. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Auction Hunters. (PG) **8.30** Bad Robots. (M) **9.30** Movie: The Expendables. (MA15+) (2010) **11.30** Two And A Half Men. (M) **12.00** Sullivan & Son. (M) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Rabbids. (PG) **2.00** Wild Kratts. **2.30** The Batman. **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Yu-Gi-Oh! Arc-V. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Blacktop. (M) (2000) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** My Kitchen Rules. (PG) Hosted by Manu Feildel and Pete Evans. **9.00** Wanted. (M) New. After two women are falsely accused of murder, they go on the run in a car filled with stolen money. **10.00** Bones. (M) Remains are found at a fish farm. **11.00** Motive. (M) **12.00** Happy Endings. (PG) **12.30** Happy Endings. (PG) **1.00** Happy Endings. (M) **1.30** Happy Endings. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Match It. **7.30** The Woodlies. **8.00** Larry The Lawnmower. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** Revenge. (M) **2.00** Charlie's Angels. (PG) **3.00** Who's The Boss? (PG) **3.30** I Dream Of Jeannie. **4.00** Bewitched. **4.30** Homes Under The Hammer. (PG) **5.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Pie In The Sky. (PG) A family's house is robbed. **8.30** Foyle's War. (M) Foyle's investigation into the death of a Russian man leads to a military facility run by a respected officer. **10.30** Lovejoy. (PG) **11.45** Bargain Hunt. **12.45** Homes Under The Hammer. (PG) **1.45** Pie In The Sky. (PG) **2.45** Foyle's War. (M) **5.00** Harry's Practice.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** To Be Advised. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity… Get Me Out Of Here! (PG) **8.30** NCIS. (M) Gibbs calls on the team to assist DEA agent Luis Mitchell with a case that keeps going cold. **9.30** NCIS: LA. (M) Talia Del Campo's partner is murdered. **10.30** NCIS: LA. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Behind The Lens. **9.00** Totally Wild. **9.30** River To Reef. **10.00** Undercover Boss. (PG) **11.00** M*A*S*H. (PG) **12.00** The Biggest Loser USA. (PG) **2.00** Megafactories. **3.00** Adventure Angler. **3.30** iFish Summer. Final. **4.00** Diagnosis Murder. (PG) **5.00** Operation Repo. (PG) **5.30** Whacked Out Sports. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Last Man Standing. **8.00** The McCarthys. (PG) New. **8.30** David Attenborough's The Himalayas. (PG) **9.30** 48 Hours. **10.30** Tyrant. (MA15+) **11.30** Operation Repo. (PG) **12.00** The Home Team. **12.30** Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Black Gold. (PG) **4.00** Daryl Beattie Adventures: The Simpson Desert. **4.30** River To Reef. **5.00** Adventure Angler. **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** ABC News. **10.00** Four Corners. **10.45** Media Watch. (PG) **11.15** Pointless. **12.00** News. **1.00** Crownies. (M) **2.00** Parliament. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.25** Grand Designs. **6.15** Pointless. **7.00** News. **7.30** 7.30. **8.00** Catalyst. (PG) **8.30** Countdown To Life: The Extraordinary Making Of You. (PG) **9.30** Countdown: Do Yourself A Favour. (PG) **10.25** Lateline. **11.00** The Business. **11.15** Q&A. **12.20** Parliament. **1.20** Rage. (MA15+) **3.10** The Grammar Of Happiness. **4.05** Countdown To Life: The Extraordinary Making Of You. (PG) **5.10** The Bill. (PG)

ABC2

6.00 Children's Programs. **4.10** Little Princess. **4.25** Mister Maker. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.35** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. (PG) **8.20** Gruen Pitch Rewind. (PG) **8.30** Special Forces: Ultimate Hell Week. Final. **9.30** Banged Up Abroad. (M) **10.20** Adam Hills: The Last Leg. (M) **11.05** Jimmy Fallon. (PG) **11.45** Ross Kemp: Extreme World. (MA15+) **12.30** Sh*tsville Express. (PG) **1.10** Dangerous Drivers' School. (PG) **1.55** River Monsters. (PG) **2.45** News Update. **2.50** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **1.00** PBS News. **2.00** Budding Stars Of The Paris Opera Ballet. **2.30** Opera Stories. **3.00** Wainwright Walks. **3.30** Shane Delia's Moorish Spice Journey Bitesize. **3.35** Future Universe. **4.30** Wildest Arctic. (PG) **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.30** Great Estates Of Scotland. **8.30** Insight. Return. **9.30** One Born Every Minute. (M) **10.25** SBS World News Late Edition. **11.00** Miniseries: The Girl With The Dragon Tattoo. (MA15+) **12.45** Gerhard Richter: Painting. (PG) **2.35** One Born Every Minute: What Happened Next? (M) **3.30** One Born Every Minute: What Happened Next? (M) **4.25** The External World. (M) **4.50** Tram. (M) **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Nepali News. **4.00** The Feed. **4.30** Bino. (PG) **4.45** Vs Arashi. **5.45** The Office. (PG) **6.10** The Office. (PG) **6.40** If You Are The One. **7.35** The Feed. **8.05** Brooklyn Nine-Nine. (PG) **8.30** The Island With Bear Grylls USA. (PG) **9.20** Unplanned America. **9.50** Rebel Music. (PG) **10.20** What Happens In Kavos. (MA15+) **11.15** South Park. (M) **11.40** The Feed. **12.10** Lost Girl. (M) **1.00** Lost Girl. (M) **1.50** @midnight. (M) **2.20** @ midnight. (M) **2.50** Human Giant. (M) **3.15** France 24 News In English From Paris. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

6.40pm Analyze This (1999) Comedy. Robert De Niro, Billy Crystal. (MA15+) *Comedy*
6.55pm Lucy (2014) Sci-fi. Scarlett Johansson, Morgan Freeman. (MA15+) *Premiere*
8.30pm Road House (1989) Thriller. Patrick Swayze, Kelly Lynch. (R18+) *World Movies*

GENERAL

7.30pm Jane The Virgin. (M) *FOX8*
8.30pm Brooklyn Nine-Nine. (M) *Universal Channel*
9.15pm The Good Wife. (M) *SoHo*

DOCUMENTARY

7.30pm Running Wild With Bear Grylls. (M) *Discovery*
8.30pm Men, Women, Wild. (M) *Discovery*
9.30pm Dual Survival. (M) *Discovery*

SPORT

6.20am Soccer. EPL. *Fox Sports 4*
7.00pm Soccer. AFC Champions League. *Fox Sports 4*
10.30pm Cricket. One-day International Series. South Africa v England. Game 3. *Fox Sports 2*

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

0902

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Movie: The Other Man. (M) (2008) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Big Bang. (PG) **8.00** Big Bang. (PG) **8.30** The Embassy. (M) **9.30** Fugitive: Black Ops. **10.30** The Farmer Wants A Wife. (PG) **12.40** Sue Thomas: F.B.Eye. **1.30** Danoz. **2.30** Extra. **3.00** Global Shop. **3.30** GMA. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **8.30** Wild Kratts. **9.00** Magical Tales. **9.30** Little Charmers. **10.00** SpongeBob SquarePants. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! Classic. (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** The Batman. **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! Arc-V. (PG) **2.30** Wild Kratts. **3.00** SpongeBob SquarePants. **3.30** Rabbids. (PG) **4.00** Scooby-Doo! (PG) **4.30** Young Justice. (PG) **5.00** Ben 10: Omniverse. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Baggage Battles. **8.00** Container Wars. (PG) **8.30** Movie: Pacific Rim. (M) (2013) **11.05** South Beach Tow. (M) **12.00** Sullivan & Son. (M) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Rabbids. (PG) **2.00** Wild Kratts. **2.30** The Batman. **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Yu-Gi-Oh! Arc-V. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Baby Brokers. (PG) (1994) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** My Kitchen Rules. (PG) Hosted by Manu Feildel and Pete Evans. **9.00** First Dates. (PG) Singles in search of love are brought together at a restaurant for a blind first date. **10.00** Ramsay's Hotel Hell. (M) Presented by Gordon Ramsay. **11.00** Botched Up Bodies. (MA15+) **12.00** The Secret Life Of Students. (M) **1.00** World's Strictest Parents. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Match It. **7.30** The Woodlies. **8.00** Larry The Lawnmower. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** Revenge. (M) **2.00** Charlie's Angels. (PG) **3.00** Who's The Boss? (PG) **3.30** I Dream Of Jeannie. **4.00** Bewitched. **4.30** Homes Under The Hammer. (PG) **5.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Jonathan Creek. (M) A veteran comedian is found dead in a bunker. **8.30** The Inspector Lynley Mysteries. (PG) Lynley locks horns with DI Brennan when an illegal immigrant is found dead in a meat truck at a London market. **10.30** Lovejoy. (M) **11.45** Bargain Hunt. **12.45** Homes Under The Hammer. (PG) **2.00** Shopping. **4.00** Harry's Practice. **5.00** Jonathan Creek. (M)

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Everyday Gourmet. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity… Get Me Out Of Here! (PG) **8.30** Madam Secretary. (M) Return. Elizabeth tries to salvage a peace agreement. **9.30** The Good Wife. (M) Return. **10.30** Hawaii Five-0. (M) Return. **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Car Torque. (PG) **8.30** Fishing Edge. **9.00** Totally Wild. **9.30** David Attenborough's The Himalayas. (PG) **10.30** Reel Rock. (PG) **11.00** M*A*S*H. (PG) **12.00** The Biggest Loser USA. (PG) **2.00** World's Busiest. (PG) **3.00** Adventure Angler. **3.30** iFish. **4.00** Diagnosis Murder. (PG) **5.00** Operation Repo. (PG) **5.30** Whacked Out Sports. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Megafactories. (PG) **8.30** Epic Meal Empire. (PG) New. **9.30** Gordon Ramsay's Hell's Kitchen. (MA15+) Return. **10.30** Sirens. (MA15+) Return. **11.30** Operation Repo. (PG) **12.00** The Home Team. **12.30** Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Black Gold. (PG) **5.00** Adventure Angler. **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** ABC News. **10.00** Q&A. **11.15** Pointless. **12.00** News. **12.30** Press Club. **1.30** Jennifer Byrne Presents. (PG) **2.00** Parliament. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.25** Grand Designs. **6.15** Pointless. **7.00** News. **7.30** 7.30. **8.00** Julia Zemiro's Home Delivery. **8.30** The Weekly. (M) **9.00** Black Comedy. (M) **9.30** Adam Hills: The Last Leg Down Under. **10.15** Lateline. **10.50** The Business. **11.05** Four Corners. **11.50** Media Watch. (PG) **12.05** Parliament. **1.05** Autoluminescent: Rowland S. Howard. (M) **3.00** Rage. (MA15+) **4.10** Adam Hills: The Last Leg Down Under. **5.10** The Bill. (PG)

ABC2

6.00 Children's Programs. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.35** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Doctor Who: Confidential. **8.30** Secrets Of China. (PG) **9.25** Bodyshockers: Nips, Tucks And Tattoos. (M) **10.15** Adam Hills: The Last Leg. (M) **11.00** Jimmy Fallon. (PG) **11.40** Special Forces: Ultimate Hell Week. (M) **12.45** Banged Up Abroad. (M) **1.30** Wild Things With Dominic Monaghan. (PG) **2.20** Scrapheap Challenge. **3.10** News Update. **3.15** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Coast Modern. **3.00** The World From Above. **3.30** Insight. **4.30** The Lemurs Of Madagascar. (PG) **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.35** Tony Robinson's Wild West. (PG) **8.30** 24 Hours In Emergency. (M) **9.30** The Missing. (M) **10.35** SBS World News Late Edition. **11.05** Dancing In Jaffa. (PG) **12.40** Movie: Kandahar. (PG) (2001) **2.15** Movie: The Truck. (AV15+) (2008) **3.55** The Great Escape: Secrets Revealed. (PG) **4.55** Rachel Khoo Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **9.05** Croatian News. **9.40** Serbian News. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** African News. **4.00** The Feed. **4.30** 37°4 S. **4.45** Vs Arashi. **5.45** The Office. (PG) **6.10** The Office. (PG) **6.35** If You Are The One. **7.30** The Feed. **8.00** Brooklyn Nine-Nine. (PG) **8.30** Movie: Grabbers. (M) (2012) **10.10** Movie: The Descent. (MA15+) (2005) **11.55** The Feed. **12.25** Wilfred. (MA15+) **12.55** Shameless. (MA15+) **1.50** Shameless. (MA15+) **2.45** Work Of Art: The Next Great Artist. (PG) **3.40** DW News In English From Berlin. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

6.20pm The Hundred-Foot Journey (2014) Drama. Helen Mirren, Manish Dayal. (PG) *Premiere*

6.30pm Edge Of Tomorrow (2014) Action. Tom Cruise, Emily Blunt. (M) *Action*

8.30pm Nightcrawler (2014) Thriller. Jake Gyllenhaal, Rene Russo. (MA15+) *Masterpiece*

GENERAL

7.30pm Person Of Interest. (M) *FX*

7.30pm The Flash. (M) *FOX8*

9.30pm Psych. (M) *Universal Channel*

DOCUMENTARY

7.30pm Unforgiven: The Boys Who Murdered James Bulger. (M) *Crime & Investigation*

7.30pm Colosseum: The Whole Story. (PG) *History*

8.30pm Australia: The Story Of Us. (PG) *History*

SPORT

7.00am Basketball. Eurocup. Last 16. Day 6. *Eurosport*

7.00pm Hook, Line And Sinker. *Fox Sports 1*

7.30pm Basketball. NBL. Round 19. Sydney Kings v Perth Wildcats. *Fox Sports 3*

1002

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Movie: The Odd Couple II. (PG) (1998) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Inside Story. **8.00** RBT. (PG) **8.30** Kings Cross ER. (PG) **9.30** An Hour To Save Your Life. (M) **10.45** Embarrassing Bodies. (M) **11.45** Undateable. (M) **12.10** Forever. (M) **1.05** Sue Thomas: F.B.Eye. **2.00** Danoz. **2.30** Global Shop. **3.00** Extra. **3.30** GMA. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **8.00** Kitchen Whiz. **8.30** Wild Kratts. **9.00** Magical Tales. **9.30** Little Charmers. **10.00** SpongeBob SquarePants. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! Classic. (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** The Batman. **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! Arc-V. (PG) **2.30** Wild Kratts. **3.00** SpongeBob SquarePants. **3.30** Rabbids. (PG) **4.00** Scooby-Doo! (PG) **4.30** Young Justice. (PG) **5.00** Ben 10: Omniverse. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Big Bang. (PG) **8.30** Movie: Stargate. (PG) (1994) **11.00** Troy. (PG) **12.00** Sullivan & Son. (M) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Rabbids. (PG) **2.00** Wild Kratts. **2.30** The Batman. **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Yu-Gi-Oh! Arc-V. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Concrete Canyons. (M) (2010) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **8.00** Big Bang. (PG) Penny worries after her night with Raj. **8.30** Movie: The Avengers. (M) (2012) Robert Downey Jr., Chris Hemsworth. A group of heroes battle an evil god. **11.25** Captain America: 75 Heroic Years. (PG) **12.25** The Mole. (PG) **1.25** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Match It. **7.30** The Woodlies. **8.00** Larry The Lawnmower. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** Revenge. (M) **2.00** Charlie's Angels. (PG) **3.00** Who's The Boss? (PG) **3.30** I Dream Of Jeannie. **4.00** Bewitched. **4.30** Homes Under The Hammer. **5.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Fawlty Towers. (PG) A deaf guest arrives at the hotel. **8.15** Keeping Up Appearances. (PG) Hyacinth decides, once again, to buy a cottage in the country. **8.45** Judge John Deed. (M) A fire-bomb in the animal-holding cells of a university science faculty destroys the building and kills a scientist. **10.45** Suspects. (MA15+) **11.45** Bargain Hunt. **12.45** Homes Under The Hammer. **1.45** Fawlty Towers. (PG) **2.30** Keeping Up Appearances. (PG) **3.00** Judge John Deed. (M) **5.00** Harry's Practice. **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Everyday Gourmet. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity… Get Me Out Of Here! (PG) A celebrity must identify local animals. **9.00** Law & Order: SVU. (MA15+) Return. A body washes ashore on the beach where a serial killer is known to have buried his victims. **10.00** Law & Order: SVU. (M) An eight-year-old boy is kidnapped. **11.00** Blue Bloods. (M) **12.00** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Diagnosis Murder. (PG) **9.00** Totally Wild. **9.30** Reel Action. **10.00** Epic Meal Empire. (PG) **11.00** M*A*S*H. (PG) **12.00** The Biggest Loser USA. (PG) **2.00** David Attenborough's Africa. **3.00** Adventure Angler. **3.30** iFish. **4.00** Diagnosis Murder. (PG) **5.00** Operation Repo. (PG) **5.30** Whacked Out Sports. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** World's Busiest. (PG) **8.30** Californication. (MA15+) **9.05** Movie: Drillbit Taylor. (PG) (2008) Owen Wilson. **11.15** Man Seeking Woman. (MA15+) **11.45** Operation Repo. (PG) **12.15** The Home Team. **12.45** Shopping. **2.15** Diagnosis Murder. (PG) **3.15** Bellator MMA. (M) **5.15** World Sport. **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** ABC News. **10.00** Australian Story. **10.30** Country Town Rescue. **11.15** Pointless. **12.00** News. **1.00** Crownies. (M) **2.00** Parliament. **3.20** The Bill. **4.10** Murder, She Wrote. (PG) **5.00** News. **5.25** Grand Designs. (PG) **6.15** Pointless. **7.00** News. **7.30** 7.30. **8.00** Hatch, Match And Dispatch. New. **8.30** Jack Irish. (M) New. **9.30** No Offence. (MA15+) New. **10.15** Lateline. **10.45** The Business. **11.05** Changing Minds: The Inside Story. (M) **12.05** Comedy Up Late. (M) **12.35** Parliament. **1.35** Rage. (MA15+) **3.10** Golf. USPGA Tour. Phoenix Open. Highlights. **4.00** No Offence. (MA15+) **5.10** The Bill.

ABC2

6.00 Children's Programs. **4.00** Bananas In Pyjamas. **4.10** Little Princess. **4.25** Mister Maker. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.35** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Doctor Who. **8.15** To Be Advised. **8.30** The Weekly. (M) **9.00** The Office. (M) **9.30** Extras. (M) **10.00** Buzzcocks. (M) **10.30** Adam Hills: The Last Leg. (M) **11.15** Jimmy Fallon. (PG) **12.00** Inside Amy Schumer. (M) **12.20** Penn & Teller: Fool Us. **1.05** Live At The Apollo. (M) **1.55** Scrapheap Challenge. **2.40** News Update. **2.45** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Raising The Curtain. (M) **3.00** Bazaar. **3.30** France Bitesize. **3.40** World War II: 1942 And The Soft Underbelly. (PG) **4.35** Urban Secrets. (PG) **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.30** Rachel Khoo's Kitchen Notebook: London. **8.00** Food Safari Fire. **8.30** The Family Law. (PG) **9.00** Poh & Co. **9.30** The Bridge. (M) **10.35** SBS World News Late Edition. **11.05** The Naked Village. (MA15+) **12.05** Movie: Farewell, My Queen. (M) (2012) **1.50** Man Down. (M) **2.20** Man Down. (M) **2.50** First Crossings. **3.40** Marco Pierre White's Kitchen Wars. (PG) **4.35** The Fence. (M) **4.55** Rachel Khoo Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Somali News. **4.00** The Feed. **4.30** Urban Freestyler. **4.40** Vs Arashi. **5.40** The Office. (PG) **6.05** The Office. (PG) **6.40** If You Are The One. **7.30** The Feed. **8.00** Gadget Man. **8.30** MythBusters. (PG) **9.30** The Hidden Face Of Silicon Valley. (M) **10.30** Terms And Conditions May Apply. (M) **11.35** Legally Brown. (M) **12.10** The Feed. **12.40** Utopia. (MA15+) **1.40** Alarm For Cobra 11. (M) **2.35** Ugly Americans. (M) **3.00** Ugly Americans. (M) **3.30** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR.

MOVIES

6.35pm Dumb And Dumber To (2014) Comedy. Jim Carrey, Jeff Daniels. (M) *Premiere*

7.30pm The SpongeBob Movie: Sponge Out Of Water (2015) Animation. Tom Kenny, Antonio Banderas. (PG) *Family*

10.55pm Good Will Hunting (1997) Drama. Matt Damon, Robin Williams. (M) *Masterpiece*

GENERAL

8.30pm Chicago Fire. (MA15+) *SoHo*

8.30pm American Idol. (PG) *FOX8*

9.15pm Cougar Town. (M) *SoHo*

DOCUMENTARY

6.30pm Gold Rush: The Dirt. (PG) *Discovery*

8.30pm Forbidden History. (PG) *History*

9.30pm Monsters & Mysteries. (M) *History*

SPORT

11.00am Basketball. College. Southeastern Conference. LSU v South Carolina. *ESPN2*

12.00pm Basketball. NBA. Los Angeles Lakers v Cleveland Cavaliers. *ESPN*

7.30pm Golf. Euro PGA Tour. Tshwane Open. First round. *Fox Sports 2*

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

1102

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Movie: Oranges And Sunshine. (M) (2010) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Ultimate Airport Dubai. **8.40** Movie: The Hobbit: The Desolation Of Smaug. (M) (2013) Martin Freeman. **12.00** Movie: Dorian Gray. (MA15+) (2009) **2.00** Sue Thomas: F.B.Eye. **3.00** Anger Management. (M) **3.30** Extra. **4.00** Global Shop. **4.30** GMA.

GO!

6.00 Sooty. **6.30** PAW Patrol. **7.00** Yo-Kai Watch. (PG) **7.30** Move It. **8.00** Kitchen Whiz. **8.30** Wild Kratts. **9.00** Magical Tales. **9.30** Little Charmers. **10.00** SpongeBob SquarePants. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! Classic. (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** The Batman. **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! Arc-V. (PG) **2.30** Wild Kratts. **3.00** SpongeBob SquarePants. **3.30** Rabbids. (PG) **4.00** Scooby-Doo! (PG) **4.30** Young Justice. (PG) **5.00** Ben 10: Omniverse. (PG) **5.30** Teen Titans Go! (PG) **6.00** Movie: The Cat In The Hat. (G) (2003) **7.40** Movie: Ace Ventura: Pet Detective. (PG) (1994) **9.20** Movie: Dumb & Dumber. (PG) (1994) **11.40** Two And A Half Men. (M) **12.05** Sullivan & Son. (M) **12.30** Troy. (PG) **1.30** Rabbids. (PG) **2.00** Wild Kratts. **2.30** The Batman. **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Yu-Gi-Oh! Arc-V. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! Classic. (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The End Of Eden. (M) (1996) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Better Homes. **8.30** Movie: Notting Hill. (M) (1999) Julia Roberts, Hugh Grant. A bookshop owner encounters a celebrity. **11.00** To Be Advised. **12.00** Revenge. (M) **1.00** Revenge. (M) **2.00** Shopping. **4.00** NBC Today.

7TWO

6.00 Shopping. **7.00** Match It. **7.30** The Woodlies. **8.00** Larry The Lawnmower. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** Better Homes. **2.00** Charlie's Angels. (PG) **3.00** Who's The Boss? (PG) **3.30** I Dream Of Jeannie. **4.00** Bewitched. **4.30** Homes Under The Hammer. (PG) **5.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** The Border. (PG) Follows the customs and border protection crew. **8.30** Escape To The Country. Prospective buyers find their dream home in the country, to suit their budget and lifestyle. **9.30** The House That 100K Built. Piers Taylor revisits Sumati and must find a way to inspire her to complete her home, before it's too late. **10.45** Front Of House. **11.15** Australia's Best Houses. (PG) **11.45** Bargain Hunt. **12.45** Homes Under The Hammer. (PG) **1.45** The Border. (PG) **2.45** Escape To The Country. **3.45** The House That 100K Built. **5.00** Harry's Practice. **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** To Be Advised. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. A look at the day's news. **7.30** The Living Room. Return. Advice on planting a rose garden from landscape designer Jamie Durie. **8.30** Graham Norton. (M) Return. Guests include actors Daisy Ridley, John Boyega and Carrie Fisher from Star Wars: The Force Awakens. **9.30** Movie: Stepmom. (M) (1998) Julia Roberts, Susan Sarandon. A woman objects to her ex-husband's girlfriend. **12.05** The Project. **1.05** The Late Show With Stephen Colbert. (PG) **2.00** Shopping.

ONE

6.00 Shopping. **8.00** Diagnosis Murder. (PG) **9.00** Totally Wild. **9.30** What's Up! Downunder. **10.00** Black Gold. (PG) **11.00** M*A*S*H. (PG) **12.00** The Biggest Loser USA. (PG) **2.00** Monster Jam. **3.00** Adventure Angler. (PG) **3.30** iFish. **4.00** Diagnosis Murder. (PG) **5.00** Operation Repo. (PG) **5.30** Whacked Out Sports. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Cops. (PG) **8.30** 48 Hours. (M) **9.30** Movie: Enemies Closer. (MA15+) (2013) Tom Everett Scott. **11.20** Operation Repo. (PG) **11.50** The Home Team. **12.20** Shopping. **2.20** Diagnosis Murder. (PG) **3.20** Cops. (PG) **4.20** RPM Moment. **4.30** Fishing Edge. **5.00** Adventure Angler. **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** ABC News. **10.00** One Plus One. **10.30** Catalyst. (PG) **11.15** Pointless. **12.00** News. **1.00** Crownies. (M) **2.00** Grand Designs. (PG) **2.50** The Cook And The Chef. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.25** Grand Designs. (PG) Final. **6.15** Pointless. Final. **7.00** News. **7.30** 7.30. **8.00** Griff's Great Britain. **8.30** The Doctor Blake Mysteries. **9.30** Silent Witness. (M) **10.30** Lateline. **11.05** The Business. **11.20** It's A Date. (M) **11.50** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **2.30** Let's Go Pocoyo. **2.40** Dinosaur Train. **3.10** dirtgirlworld. **3.30** Play School. **4.00** Bananas In Pyjamas. **4.10** Little Princess. **4.25** Mister Maker. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Doctor Who: Confidential. **8.30** This Old Thing. Final. **9.20** Miracle Of The Hudson Plane Crash. (PG) **10.10** Adam Hills: The Last Leg. (M) **10.55** Jimmy Fallon. (PG) **11.35** Secrets Of China. (PG) **12.30** My Mum Is Obsessed. (PG) **1.20** On The Verge Of A Midlife Crisis With Sharon Horgan. (PG) **2.10** Doctor Who. (PG) **2.55** News Update. **3.00** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Big Art. **2.30** Colour Theory. (PG) **3.00** Island Feast. **3.30** Heston's Mission Impossible. **4.25** Who Do You Think You Are? (PG) **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.30** MythBusters. (PG) **8.30** Neil Oliver: Sacred Wonders Of Britain. **9.30** Movie: Journey To The West. (M) (2013) **11.30** The Late Feed. **12.00** Movie: Us. (MA15+) (2013) **1.45** Shameless. (M) **2.40** Shameless. (MA15+) **3.40** Shameless. (MA15+) **4.35** Perception. (MA15+) **4.55** Rachel Khoo Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **9.05** Croatian News. **9.40** Serbian News. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Armenian News. **4.00** The Feed. **4.30** Never Ever Do This At Home. (M) **5.00** Never Ever Do This At Home. (M) Final. **5.35** House Hazards. (PG) **6.00** None Of The Above. New. **6.30** Soccer. A-League. Round 19. Brisbane Roar v Newcastle Jets. **9.15** MythBusters. (PG) **10.15** Vikings. (M) **11.10** Vikings. (M) **12.00** Vikings. (MA15+) **12.50** Vikings. (MA15+) **1.45** Vikings. (MA15+) **2.40** PopAsia. (PG) **4.40** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

6.20pm Thelma & Louise (1991) Crime. Susan Sarandon, Geena Davis. (M) *Romance*

6.40pm Get Hard (2015) Comedy. Will Ferrell, Kevin Hart. (MA15+) *Premiere*

8.30pm Austin Powers: International Man Of Mystery (1997) Comedy. Mike Myers, Elizabeth Hurley. (M) *Comedy*

GENERAL

7.30pm BBQ Pitmasters. (PG) *A&E*

8.30pm Sons Of Anarchy. (MA15+) *FX*

8.30pm American Idol. (PG) *FOX8*

DOCUMENTARY

8.30pm Inside The Tower Of London. (PG) *History*

9.30pm Food Porn. *Lifestyle Food*

9.30pm Drugs Inc. (M) *National Geographic*

SPORT

7.00am Golf. USPGA Tour. Pebble Beach Pro-Am. First round. *Fox Sports 3*

8.00am Cricket. Trans Tasman Series. First Test. New Zealand v Australia. Day 1. *Fox Sports 2*

5.30pm Basketball. NBL. Round 19. New Zealand Breakers v Melbourne United. *Fox Sports 3*

1202

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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Life! Church North Lakes 5pm
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Year of the Monkey

Happy Lunar New Year!

RENOVATION ADVICE

With Jane Eyles-Bennett of Hotspace Consultants, a North Lakes based Interior Designer & Renovation Consultant with over 22 years experience.

Planning to renovate but need advice? Send a good quality photo and your question to: jane@hotspaceconsultantscom

Hayley from North Lakes asks: How can I create a better entrance to my home. I just feel there is no wow factor. I am planning to render over the horrible brick!

Jane says: Oh I'm so glad you said you're planning to render over that brick. I generally don't have a problem with brick unless it is this kind.

My suggestion for a colour to paint over the render is something fairly light like Dulux, White Duck. Light, but not too light is the key. Bear in mind that when selecting a colour for your home exterior, it will always look lighter once painted onto the house than on a small 2cm square swatch. Make sure you get your renderer to remove the Corbels too. They're the raised parts on the front posts.

You're probably stuck with the blue guttering and window frames as well, right? Never mind, I've certainly had to work with worse! In fact you can actually make the blue work reasonably well if you were to use some pots or accessories around the house that are a bluey charcoal colour. Use this charcoal blue colour on the front door regardless.

The main thing I would do for the entrance is to build a raised deck over the top of the front patio tiles – extended out slightly further than the tiled area. I would do the deck height in line with the front door threshold. That way, you step up to the deck and it feels more defined as an entrance area. Creating a focal point is really important.

In design, regardless of whether you're taking a photo, setting up a room with furniture or designing a new entryway, you must find one thing to give extra focus to. Too many features in a space (or in this case on the front of a house) causes confusion to the eye and is not perceived as pleasing. So the trick is to create 'one focal point per view' if possible.

To further emphasise the front porch, I would definitely add some down-lighting. You might put two downlights into the ceiling (called the soffit) along the front of the porch between the two posts. Or it may be possible to add cabling to the posts before you render in order to install wall lights to the front face of each one.

Here's another 'out there' idea… How about doing a timber feature wall on the left hand wall? I do feel that you would need to make sure the house still looked balanced with this amount of visual weight, but that could easily be done with pot plants and clever landscaping towards the right hand side of the porch area.

Another idea could be to create a feature of stairs leading from the porch towards the footpath or road but these can look strange if the steps stop in the middle of nowhere (ie they stop where the council grass begins). You should only do this if there is no or very little space between the end of where the steps would be and the footpath or road.

Working with the existing finishes is probably a given too; so with these recommended changes, you'll transform your clunky-brick entry (and house) into a much crisper looking, more modern style home that fits a lot better into 2016 – without having to re-mortgage your house to do it!

My goal for you is to modernise your existing home but still make it feel inviting. The render and lighter colour will lighten and brighten the house and the timber provides the 'warm and inviting' factor.

Jane Eyles-Bennett is the owner of Hotspace Consultants, a local award-winning design and renovation consulting company.
For appointments contact: **Phone:** 0411 705 556 **Email:** jane@hotspaceconsultants.com **Web:** www.hotspaceconsultants.com

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Open home: Saturday 6th February 9:00-9:30

Michelle Wheeler
M **0438 197 812** P **07 3491 7180**
michelle.wheeler@harcourts.com.au

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Narangba 5 St Clair Court 4 2 2

This home consists of: 4 bedrooms, study, media room, formal dining room, open plan living and dining room and two bathrooms all packaged and sitting on a 667m2 block. The master is located at the rear of the home complete with WIR and Ensuite.

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Kallangur 11 Goodfellows Road 3 1

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michelle.wheeler@harcourts.com.au

Harcourts

Beachmere 6 Apollo Crescent 3 2 2

This beautiful 30SQ Perry home is built to enjoy the lake view from most living areas and the master bedroom. Having countless features, a few to mention are: separate media room, lounge room, open plan dining room, enormous kitchen, King master with incredible Ensuite & WIR, so much storage, two further double bedrooms, 4KW Solar, side access for a trailer or tinny and all of this ONLY 9 minutes off the Bruce Highway and one street away from Beachmere beachfront.

For Sale
$539,000
Open home: Saturday 6th February 12:30-1:00

Michelle Wheeler
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michelle.wheeler@harcourts.com.au

Thanks to my 91 Sellers, for allowing me to act on your behalf, to achieve a fantastic sale in 2015. I really appreciate your business.

To all of the Buyers, you're all wonderful.

I can't wait to work with many more Sellers, like you, in 2016. Bring on an incredible year.

Michelle

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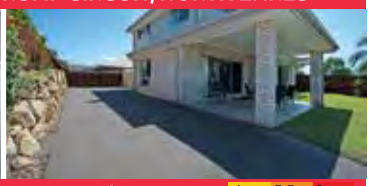

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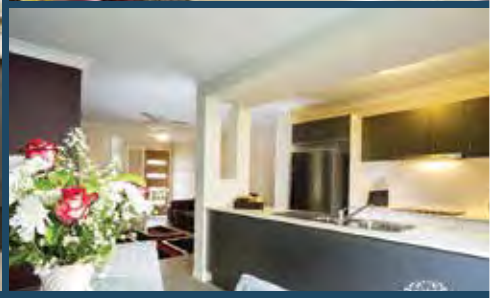

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From Mr. D – North Lakes

"I would like to take this opportunity to acknowledge the great customer service Bridgebury provides in particular, Elizabeth. Elizabeth's commitment to service is second to none and I'm thrilled I made the switch to Bridgebury Real Estate. Thank you to the team and especially Elizabeth for making this experience hassle free and pleasurable and I look forward to a long and future with Bridgebury Real Estate."

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"We have been landlords of various properties for more than twenty years, and have therefore had many different experiences with property managers. As a general rule this experience has been one where the agent merely acts as a buffer, or middleman, between the landlord and the tenant. Thus it has been our very great pleasure to experience the difference that Bridgebury Real Estate provides.

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* 2 bathrooms (ensuite to master bed)
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North Lakes Community Women's Group Inc. News

Written by Sam Stevens Publicity Officer NLCWGI

HAPPY AUSTRALIA DAY! As our meeting fell on this public holiday we also had a holiday. Amongst various unofficial get-togethers a group of members turned up for some fun at the Dolphins Redcliffe Leagues Club where celebrations were in full swing throughout the complex, something for everyone, great music, and of course multiple food choices.

This was a day to pause and recall the origins of this momentous nationwide anniversary. The first recorded Australia Day celebrations were held on January 26, 1808 to mark twenty years since Captain Arthur Phillip raised the flag at Sydney Cove. The first colony to declare Australia Day as a public holiday was New South Wales in 1838, on the 50th anniversary of the Sydney Cove landing. The two animals featured on the Australian coat of arms are the Emu and the Kangaroo – the reason for this being that neither animal can walk backwards, but instead can always go forwards, symbolising Australia's desire to do the same.

Tuesday 9th February 09:45 BINGO. This is one of our more popular events taken in a light manner with a bit of fun thrown in. Professional or amateur, it doesn't matter. Visitors welcome.

Tuesday 16th February 09:45 GUEST SPEAKER. TBA. We are currently negotiating for someone of interest for you. Visitors welcome.

Tuesday 23rd February 11:30 LUNCH KALLANGUR TAVERN, 1517 Anzac Ave. A gathering of appetites and an air of socialising at one of our popular Taverns. Registration is essential. Visitors welcome.

Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay district. Please refer to our listing under the Community Notice Board. For more information contact Julie, 3886 4552; Colleen, 0418 658 442; Carmen, 3491 9410. All are welcome.

High Tea at Tiffany's
Say it with flowers to the one you love this Valentine's Day
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Sudoku

1			3	6				
3		2	1		4		6	
		8		5				
		6		8	5		2	
	8		7		2		4	
	4		9	1		8		
				2		3		
	2		6		1	5		9
				7	3			4

Brain Teaser

What disappears the moment you say its name?

***The end of our Brain Teasers**

Sorry folks, we know many of you love our weekly Brain Teasers but after four years of them we've reached the end of what we can use. In fact, the one above is a repeat. From next week we will put something else here. For the time being it won't be an activity but if you've got a suggestion for what should replace Brain Teasers, please let our editor know via: **editor@northlakesmessenger.com.au**

Solution next week

Last week's Brain Teaser Solution

What four related words are found here?

SWAS PURI UINM NTTU MGER MNER

Answer:
Spring, summer, autumn and winter.

Crossword Solution from last issue

	A	F	L	A	M	E		I	N	D	U	C	E	
				T		A		N		E		U		
A	D	M	I	T		C	A	F	E	T	E	R	I	A
L				R		H		R		R		I		M
L	I	N	E	A	R		P	A	R	A	N	O	I	A
E				C			E			C				L
V	E	G	E	T	A	B	L	E		T	W	A	N	G
I							I							A
A	L	I	A	S		E	C	O	S	Y	S	T	E	M
T				H			A			E				A
I	M	P	R	I	S	O	N		C	A	U	G	H	T
O		A		N		U		A		R				E
N	A	V	I	G	A	T	O	R		N	O	M	A	D
		E		L		R		E		E				
	G	R	I	E	V	E		A	R	D	E	N	T	

Crossword 6427

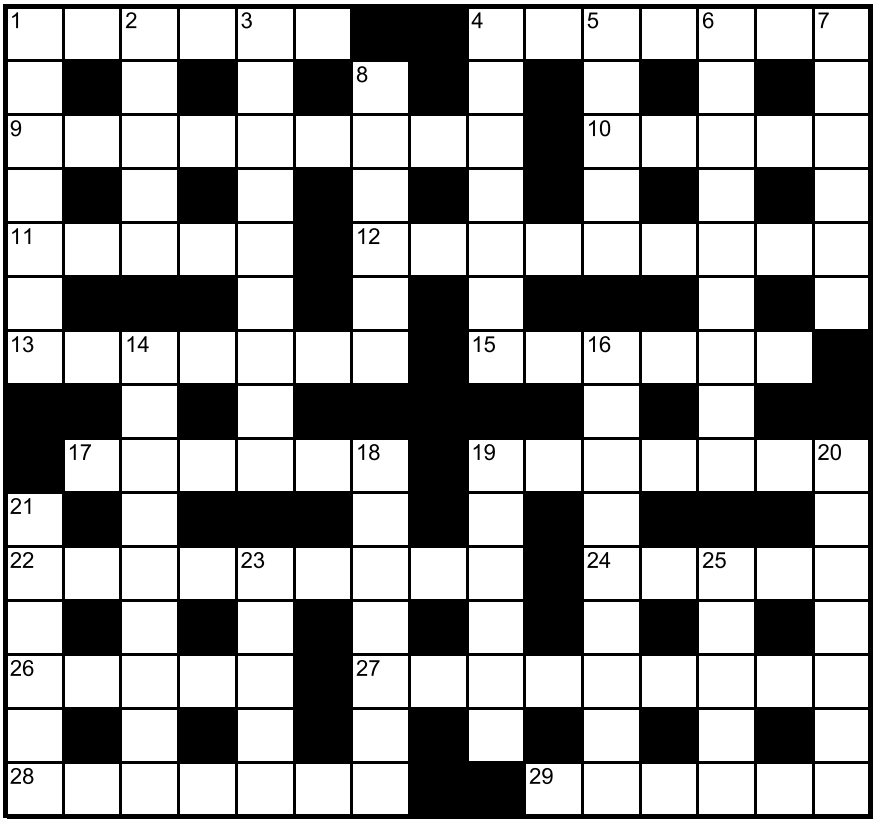
Kindly provided by person of interest - Laurie Stibbe

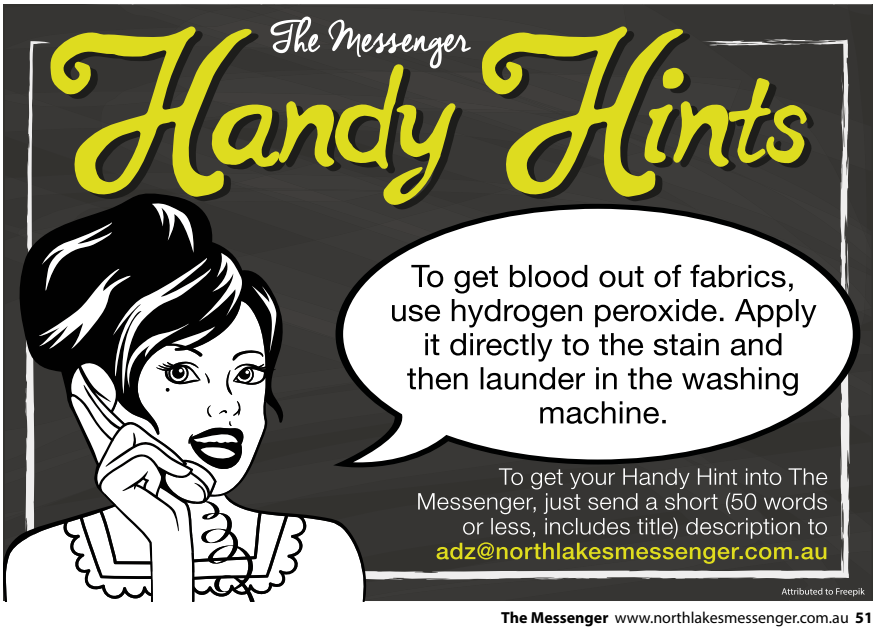
ACROSS

1 Higher in rank
4 Diplomatic building
9 Donor
10 Fabric for tight-fitting sportswear
11 Fertile desert spot
12 Indefinite number of soldiers
13 Of the greatest possible degree
15 Clergyman
17 Rope headgear for a horse
19 Right; O.K.; spot on
22 The day before today
24 Voluptuously beautiful maiden
26 Natural manner of speaking
27 Aggressor
28 Building where movies are shown
29 Concurred

DOWN

1 Take for granted
2 Has a requirement for
3 Didn't wake in time
4 Having no fixed course
5 Strong lightweight wood
6 Endure the loss of
7 Desires strongly
8 Maintaining equilibrium
14 Happen or occur
16 Terran; one of us
18 Send out waves of heat
19 Small native range horse
20 Touched by rot or decay
21 Writer of words for songs
23 Pismire, colony ant
25 Accepted habitual practice

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Handy Hints
To get blood out of fabrics, use hydrogen peroxide. Apply it directly to the stain and then launder in the washing machine.
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Attributed to Freepik

COMMUNITY NOTICEBOARD

A free service provided by the Messenger for community, social and non-profit organisations

SUBMIT VIA:

community@northlakesmessenger.com.au

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- To guarantee placement for the following week, please make your submission by Thursday prior
- Your submission will run ongoing until you notify us otherwise

HANDY NUMBERS TO KNOW

Emergency:	**000**
NL/MH Police:	**3482 1444**
Crime Stoppers:	**1800 333 000**
SES:	**132 500**
Health Advice:	**13432 584**
Wildlife Rescue:	**0401 350 799**
RSPCA:	**1300 363 736**
Dakabin Pound:	**3886 0357**

THE 500 CLUB If you enjoy a friendly of 500 you can join us at Redcliffe Senior Citizens centre, 401 Oxley Avenue Redcliffe every monday from 12.30 pm - 4 pm Contact Trish on 32035047 or Vivi on 0407238163

A.C.M.A.MIN MIN BRANCH. Monthly concerts/socials held on 4th Sat. each month NOTE new starting time now from 1.00p.m. Kruger Hall Ann St. Kallangur. Quality Guest Artists & Club Member Spots. All welcome Call Queenie 5497 9395.

A.I.R. Moreton Bay Region Branch The Association of Independent Retirees (AIR) Limited meets on the 3rd Monday of each month (except December) at the Redcliffe Public Library meeting rooms commencing at 12.30pm. Visitors are welcome. AIR provides members with information to help plan their retirement and undertakes advocacy on the many issues confronting retirees. Contact 3142 2506 Website www.independentretirees.com.au

Al-ANON. If someone you love, or are dependant on has a drinking problem and you can see what it is doing to them; if you're also concerned how it's affecting you. We can help. Al-Anon Family group meets Tuesdays at 12.30 at the Church of Christ Church on Ashmole Road, Redcliffe. For futher information phone 1300252666

ALCOHOLICS ANONYMOUS. If you want to drink thats your business If you want to stop we can help. alcoholics anonymous holds meetings everyday in the mortenbay area in the following suburbs,caboolture,bribe Island,deceptionbay,redcliffe,margate,clontarf ,woodypoint please phone 1300222222 or go to aa.org.au

ALL ABOUT LIVING is an aged care service provider that is looking for volunteers to assist with transport, administration, activity groups and projects. If you are interested in helping our participants please contact Kathy on 07 3269 1915, or see our website www.allaboutliving.com.au - We promote Choice, Support and Connection

A.L.P. To all ALP members in North Lakes & Mango Hill. The local branch of the Australian Labor Party meets the 1st Wednesday of every month at 'The Space' North Lakes cnr of Endeavour Blvd and Lakefield Drive. For more information contact Mick 0422 434 562 or Judi 0407 958 610 or Email alp.murrumba.east@gmail.com

ANGLICAN CHURCH St Peter the Fishermen 13 Lucinda St CLONTARF. Services 6PM Saturdays, 7AM (except 1st Sunday), 9AM Sundays family worship and kids club,10AM Wednesdays. Little Fishers for pre-schoolers and under 2nd Thursdays 9.30AM, Youth Group 10+ 1st Fridays 6PM.Beautiful church, setting/gardens for weddings, baptisms, blessings, funerals.3883 2378 ALL WELCOME

ANGLICAN CHURCH OF NORTH LAKES You are invited to worship with us this Sunday at either of our services. Communion is celebrated at our 8am Traditional service each week or on the 1st Sunday of each month at our 10am Contemporary service. All services are held in the Performing Arts Centre of North Lakes State College on Joyner Circuit. For further info, call Fr Dan on 0403 977 512 or visit our website at www.thelakesanglican.org.au

ANNE'S SOCIAL CIRCLE. Looking to welcome new members. We are a group of Single Men, Women and Couples from all walks of life. We get involved in a diverse range of activities, including Live bands, Tribute shows, lots of dancing, Live Theatre, Restaurants and trips planned for the future. A wine tasting coming up. The more the merrier, a non clicky group of fun people. Don't sit at home go out and have fun. For more information call Anne on 3880 1088.

BAHA'I FAITH of Moreton Bay Region openly invites enquiries of Belief Principles, Children's Classes, General Information, Holy Day Events, Holy Script Study Groups, Internet Sites, Library Books, Pamphlets, Social Gatherings, School Religious Classes, Youth and Pre-Youth Activities and more. "The world is but one country and mankind its citizens". Baha'u'llah Phone: 07 38861567 Email: Moreton Bay LSA [mbrlsa.sec@gmail.com] Web: www.bahai.org.au or www.moretonbaybahais.org

BLUE DENIM COUNTRY MUSIC CLUB Progress Hall, 34 Cornelius Street, Clontarf. Socials 4th Sunday of each month. Contact Julie 3889 3179 or Lesley 3284 1083. All welcome. Entry is $6.00. Social commences 12:30pm. See Facebook for other details.

BOOM YOUTH A High School Youth Program in North Lakes (the Space) @ Kallangur (Kallangur State School). 7-9pm For more information, please call 0413 905 336.

Brendale Evening VIEW Club meet for dinner on the third Tuesday of the month at Wantima Country Club, (Golf Club) 530 South Pine Road, Brendale. We enjoy a two course meal, a guest speaker, raffles and lucky door prize. We raise funds for the children's charity The Smith Family and support students through their education. Ladies come meet new friends. Visitors and new members welcome. Phone Trish on 3264 2213

BRIDGE PLAYERS, We have a small club at North lakes library level No1 meeting Monday and Friday mornings at 9.30 till approx. 12.30.come along or ring Ken Hooper on 32045636.

BRIDGE Redcliffe Bridge Club plays most days of the week. Players of all levels are welcome. Lessons held every six months. Morning and afternoon sessions. If interested please contact Richard on 3882 5970.

BUNYA TOASTMASTERS CLUB invites visitors to meetings on 1st, 3rd & 5th Wednesdays of every month at Aspley Hornets AFL Club. Learn public speaking and leadership skills while networking with enthusiastic locals. Starts 6:45pm until 9:30pm. Contact Trinh 0434 115 259 or email: trinh7077@gmail.com. Drop by on your way home and join the fun! It's FREE!

BUSH POETRY, NORTH PINE We meet 1st and 3rd Sundays 9am until noon at The Distillery North Pine Hotel Old Petrie Town Dayboro Rd Petrie. All welcome. Perform or listen, have your work read, Closet Poets set yourself free in a friendly nurturing environment. C'mon dip your toes in the water. Contact Mary on 07 5495 5110 or front up and make yourself known to the MC. Change your Life for the better, take the first step.

CABOOLTURE FAMILY HISTORY Research Group provides one hour of FREE assisted local, Australian and overseas research is available at Caboolture Family History Research Group Inc, located at Caboolture Historical Village, Beerburrum Road on Monday, Wednesday, Friday and Saturday between 9.30am - 2.00pm. (No entry fee to village for CFHRG research) Tel (07) 54282018 or email us at cfhrg55@bigpond.com.

CATHOLIC MASSES ON REDCLIFFE PENINSULA. Everyone is welcome to join any of our regular Masses. These are held at the Holy Cross Church, Anzac Ave, Kippa-Ring, at 6pm Saturday (Vigil); 9am Sunday; and 5pm Sunday. Mass is held at Mary Queen of Peace Church, Victoria Ave, Woody Point at 7.30am Sunday. Weekday masses are also held. See details in the Parish Newsletter at our website, www.redcliffecatholicparish.com or phone 3293 0800.

CATHOLIC NEWS IN NORTH LAKES AND MANGO HILL. Everyone is welcome to our Sunday Mass at 9.30 am in St Benedict's School, Capestone Blvd (off Anzac Ave) Mango Hill. We have a very active youth group. We also hold a Friday weekday mass at St Benedict's School at 9.00am except for the first Friday of each month. See details in the Parish Newsletter at our website, www.redcliffecatholicparish.com

THE CENTRAL LIONESS CLUB Lioness Club Redcliffe. Meet new friends & provide community services for your local area. We meet on the 2nd & 4th Monday at 6.30pm at Woody Pt Hall, Redcliffe. Contact Gill Bust 32842025 & Liz Alcock 3284 9415.

CHRISTADELPHIANS OF REDCLIFFE - 6 Irene Street. Redcliffe.Find out what the Bible really teaches. Addresses held each Sunday evening at 7pm, - 2pm on the first Sunday of each month. Join us on the left side of the Redcliffe jetty, last Saturday of each month, 10:30am. All our activities are totally free, no collections, all your questions will be truthfully answered. E-mail redcliffeges@optusnet.com.au for further information.

CHRISTIAN GROW GROUP meets at Deception Bay Baptist Church, Cnr. Silver Street and Maine Terrace, Deception Bay, each Tuesday morning at 9.30 am. Our group welcomes anyone battling a mental health problem. We use Grow's long tried and tested 12 Step Program with practical steps and peer support to aid in recovery of mental health. For more details, phone Malcolm on 3888 0594.

CLASSICALLY TRAINED VOCALISTS wanted to start a group of 3-4 females aged between 25-40. Classical crossover e.g. Celtic women, Katherine Jenkins, Sarah Brightman, and traditional classical repertoire. Email Rebecca, at classical_music_girl1@yahoo.com.au

CONSUMER ADVOCACY For patients who have endured/enduring difficulty with current illness/disability or treatments. Jodie from Jodiesjourney.com can assist patients with free assistance and advice, particularly in the area of how to get the most out of the medical system and the best consumer outcomes. Jodie also speaks at functions and has a team of consumer consultants who can help anyone using the healthcare system at consumerconsultation.com - contact at jodie@jodiesjourney.com

CROSSWAYS SOCIAL GROUP FOR DISABLED ADULTS meets every 1st & 3rd Thursday of the Month from 7.00- 8.30PM at Redcliffe Uniting Church hall, 1 Richens St Redcliffe. Cost $2.00 & bus pick up a extra $1.00. Phone 3284 6451 for further information.

DECEPTION BAY GEM & ALLIED CRAFT CLUB every Monday Wednesday Saturday 9am to 12 noon at 52 Old Bay Road Deception Bay (opp. Deception Bay North State School). Learn how to cut & polish stones(cabochons) faceting, silverwork and more. Secretary 0414488560. Come and enjoy learning all aspects of jewellery making at our friendly club.

DECEPTION BAY SEVENTHDAY ADVENTIST'S meet every Saturday at Deception Bay Prima ry School Music Hall Corner of King Street & Beauford place at 9:30 am for bible study and 11:am worship service. Everyone most welcome. Contact Humberto 0738865818 for further information.

DECEPTION BAY SPIRITUAL CENTRE Every Sunday from 2.30 until 5.30pm for Meditation, Healing and Service. We also sell Crystal Gemstones at a very reasonable cost. All enquires contact Rev Carol Bloor 0418 592 412.

DISCOVERY BAPTIST CHURCH, North Lakes, is a Christian Church committed to knowing God deeply and making a difference in our community of North Lakes. We'd love for you to join us for Sunday worship and God's Gems (Sunday School) at 9.30 am at The Space – corner of Lakefield Drive and Endeavour Boulevard, North Lakes. For other information and activities please visit our website at: www.discoverybaptist.com.au or contact Pastor Phil Smith: 0430811967.

DOLLSHOUSE EXTRAVAGANZA is a 2 day display of doll houses and scale miniature items that will be on at the Strathpine Community Centre on the 27th and 28th February 2016. There will be traders will items for sale from across Australia & New Zealand. The show opens at 10 am and closes at 3.30 pm each day.

EILDON CROQUET CLUB is an enjoyable club to join and play croquet. We play 4 forms of croquet, ricochet, golf, association and gateball. We play Monday ,9:30, Tuesday 8:30, Wed 9:30 Friday, 3:30 and Saturday 8:30. This is a game that all ages can enjoy. We have 3 members of the gateball team who are children and they play very well with the adults, hence a great family game. You are most welcome to phone 3203 7262 or 3283 2924 and arrange to come along.

FLORAL ART Peninsula Floral Art Group welcome visitors and new members to join them each month to have fun with flowers. We are a small group of ladies who enjoy each other's company and learning the skills of flower arranging. Our meetings are at Red Cross Rooms Portwood Street Redcliffe on the 2nd Tuesday each month (February-November) at 9.30am morning tea, 10.00am workshop and meeting. Enquiries: Pat Spillman Secretary Ph 3284 5795 Email pfag-redcliffe@hotmail.com

FOOD SUPPORT. Do you need some Food Support? Struggling to put food on the table? Please contact the Life Community Care office to receive a box of food on 07 3482 3005.

FREE CONVERSATIONAL ENGLISH LESSONS Thursday Morning 9.30 – 11am or Tuesday Evening 7 – 8.30pm . All ages. In Deception Bay, crn Maine tce & Water st. Phone: Susan 04496 63421

FRIENDLY SOCIAL TABLE TENNIS club. We are a group of 50 and overs (men and women) that will welcome new members. We play every Monday from 8am untill 12 noon at Redcliffe Senior Citenzens hall, Oxley Avenue (next to the old fire station) cost is minimal including morning tea. come along or contact Pat 3880 1210 or pedwards1948@bigpond.com

GRANDPARENTS SUPPORT GROUP (GAGS) A support group for grandparents who raise their grandchildren full-time. We cover all of the Moreton Bay area. We are only a phone call away for a chat, advise. The group meets on the first Wednesday of each month (except sch holidays) in a conference room next to the Caboolture Library known as The Hub. For information phone Lynn Fielding 0407251274.

GROUP OUTDOOR FITNESS North Lakes This isn't a business it's just a small group M/F aged between 20ish and 50ish who get together twice a week in the park in Little Burke Street at North Lakes to train, Tuesday and Thursday from 6.30pm sessions go for about an hour, join us and get great encouragement and help, For more information and questions answered call or txt Bryan on 0428337525

HER INSTINCT CLUB @ North Lakes If you love sharing your talent, passion and life in food, writings, music, photography and art etc, meet us at the new club. Create and collaborate on projects that you enjoy and we may publish them on our not-for-profit website. Or simply brainstorm your next big idea with like-minded members at our gatherings. Dreamers, amateurs and professionals welcome. Men/women. Email chrisoer@gmail.com to find out more

JETTY ARCADE FREE CONCERT Redcliffe Surfside Country Variety second Sunday each month from 9.30a.m.with ROD BRANDT & his BOUNDARY RIDERS and selected guest artists. Contact Rod & Colleen on 3885 4347 further details.

JP BOOTH Deception Bay shopping centre 9-12 Mon-Fri 9-1 Sat

JUSTICE OF THE PEACE SERVICE Run by volunteers, a Justice of the Peace Service is available at Westfield North Lakes Monday – Friday 10.30 am -2.30 pm, Thursday Night 6.30 – 8 pm. Saturdays 9.30am – 12 midday. Call Westfield Centre Management 3491 9072 or emergencies only Dept of Justice Brisbane 1300 301 147.

KALLANGUR INDOOR BOWLS Monday Afternoons from 1pm-4pm Kallangur Community Centre, Next to the Library on Anzac Avenue, Kallangur Cost: Only $4 which includes tea, coffee and biscuits. Come along and enjoy an afternoon of fun. Join a friendly group who will welcome all new members. Beginners very welcome. For more information please contact Wyn Carlton on 07 3886 2779

KALLANGUR MEMORIAL BOWLS CLUB Wednesday Men's Pairs 12.30 pm. Thursday Ladies/Mixed 9.30 am. Saturday Open Social 12.30 pm. Large airconditioned function room, private bar facilities and catering available. Friday night meals at very reasonable prices. Greens available for barefoot bowls for individual or corporate groups. Telephone 3285 2267 email: kallangurbowls@gmail.com for more information.

KALLANGUR, the Pine Rivers Senior Citizens Club Inc. welcomes you to join us for indoor bowls,sq dancing every Tuesday,concerts 2nd Wednesday of month,bus trips 3rd Wednesday,and bingo last Wednesday of each month. Venue is the community hall 1480 Anzac avenue(opp Red Rooster) for further info please Fred on 32054024 or email prscc2@gmail.Com.

KALLANGUR OVER 50'S SOCIAL CLUB Do you enjoy bingo? How about bus trips or maybe just a cuppa and a chat with new friends? Then why not pop into North Leagues Club on a Thursday morning at 9.30 a.m. and see what we have to offer. New members welcome. Please phone Gailene 3285 3905 or Val 3410 0112 for more details.

KOALA & WILDLIFE RESCUE PINE RIVERS is a local community organisation that has been in operation for over 19 years. We can be contacted 24/7 for ALL wildlife on 0401 350 799. We meet at Pendicup Place 365 Samsonvale Rd Warner at 7pm on the 4th Thursday of each month all welcome. We are always looking for rescuers & new members. All enquiries please phone 0401 350 799.

KSP Theatre Inc: is an amateur, not for profit, theatre group celebrating our 30th year. Cnr Old Bay Rd and Maitland Rd Burpengary. We welcome new members of all ages who are interested in any aspect of live theatre. Five productions per year: pantomimes, comedies, theatre restaurants etc. Family friendly environment. For information about shows, membership, or to receive our newsletter please call 38888580.

LADIES 50 - 60S age bracket needed for social tennis, played at Chermside Rd in Danzy Buchanan Park Mango Hill on Friday mornings from 8.30 am to 11.30 am please Contact Christine 0432042764 or Maureen 0424098073. Lovely ladies would welcome you.

LADIES SMALL CARD GROUP Canasta five & pony 50's - 60's age bracket Wednesday 10am - 3pm North Lakes 3203 1239 Will teach if needed.

LAKES ANGLICAN CHURCH SERVICES. Sunday worship: 1st Sunday of each month Combined communion service and Children's Church at 9am: Every other Sunday there is a traditional communion service at 8am and at 10am there is a contemporary service which includes Children's Church up to age 11, modern worship, relevant sermons that address life's challenges.

LIFE! CHURCH SERVICES: 9:30am @ Kallangur State School & 5pm @ North Lakes State College. ALL ARE WELCOME. For more information, please go to www.thelifechurch.org.au

LIONESS CLUB OF MORAYFIELD & DISTRICT Come and join us to help support our local district. We meet on the 1st Thursday of each month for a Dinner Meeting, 6.00 for 6.30pm for a short meeting and socializing. Also, on the 3rd Wednesday morning 9.30 for 10.00am for a Business Meeting. Venues will be advised on contact. Contact Margaret Zonca 5499 0509 or Joy Hynes 5433 0650.

LIONESS CLUB OF REDCLIFFE CENTRAL meet 2nd and 4th Mondays at 6.30pm. This is a great way to make new friends and help the community at the same time. For further information Phone Liz on 3284 9415.

LIONS CLUB OF NORTH LAKES: If you're a new resident of North Lakes wishing to integrate into the community and want to make new friends, please consider joining our club. We Dinner/Meet the 2nd & 4th Wednesday evenings of each month, have regular interesting guest speakers, are pro-active and incorporate a varied social outing calendar, mindful of keeping a balance between family, work and play. We're a very happy Lions club and encourage couples to join. Call Chris on 0429 457 722 and I'll arrange our Membership Chairman to call you.

LIONS CLUB OF REDCLIFFE CENTRAL Join our Lions Club. We need your involvement to support the Redcliffe Peninsula Community. We meet on the 1st Thursday of each month for our Dinner Meeting 6.30 for 7.00pm. Also on the 3rd Thursday for our Business Meeting 6.30 for 7.00pm. Venue information available on contact. Contact Jack Emery (Pres) on 0418 784 410 or Norm Alcock (Sec) on 0417 714 284.

LIONS CLUB OF REDCLIFFE KIPPA-RING Come join our flourishing Club, supporting the local community. We run the Redcliffe Showgrounds Community Markets every Sunday from 6am – 11am. We visit the elderly & isolated, and recycle used spectacles to send to needy countries, plus more! Meetings held 1st & 3rd Tuesdays at Rothwell Hall, Board meeting 2nd Tuesday. Call 0418 191 578.

MAKE FRIENDS HAVE FUN with The Moreton Bay Social Group 45+ Join us Tuesday evenings from 6pm at Redcliffe Leagues Club as friends, lets chat and maybe enjoy dinner in a relaxed atmosphere with friendly people and discuss outings to enjoy for the month and beyond. If you are interested in a group that only wants to socialize Ph Maureen 34918998 Nick 0423543833 Jen 38803357

MASONIC MEETINGS Freemasons, and anyone interested in learning about Freemasonry, wishing to attend a Daylight Lodge. We meet 9-30am. the fourth Monday of every month at Freemasons Centre Seaville Av.Scarborough, on the Redcliffe Peninsula. Our friendly Ladies ,who attend every Luncheon,will extend a warm welcome to your wife,please bring your wife along. Phone Les 3888 0739.

MEN'S SHED REDCLIFFE Community is now up and running and available to All Men, in the area. Activities, or just a cuppa and a yarn are on offer in this new Shed . The Shed is at The CommunityHouse 1 Laminton Drive , off Oxley Avenue and hours are Mon,Wed,Fri, 9-00am til 1-00pm. Call in for a chat or phone 0490 468 222 and speak to Wal or Joe

MEN'S SHED The Pine Rivers men's Shed operates every Monday, Tuesday, Wednesday and Friday 8.30am – 1.30pm at our shed, Old Petrie Town, Dayboro Rd, Kurwongbah. If you like activities such as woodwork, metalwork, computing, etc and making items for the community, or if you just enjoy a cuppa and a chat – come along. All men of any age welcome. For further information contact Sal 32612323 or 0438612324.

MORETON BAY CHRISTADELPHIANS Free Bible based seminars. On every Wednesday at 7.30pm. Various Topics. 4 Whites Rd Petrie. For more info call 0411 649 466 or email info@moretonbayecclesia.net

MORETON BAY SYMPHONY ORCHESTRA aims at providing quality music for the Moreton Bay region. MBSO performs a selection of music such as contemporary popular, classical and large scale symphonic music. Subsidiary groups include a Junior Strings (under 15), Youth Symphony (under 25), Jazz Band and Flute Choir. Play an instrument? We are always on the lookout for more musicians! Like us on Facebook! Email: enquiries@mbso.org.au Visit our website at: www.mbso.org.au

MOUSETRAP THEATRE Redcliffe Showgrounds home to plays, musicals, cabarets, pantomimes and theatre festivals. Acting workshops for primary & high school aged children. Technical workshops. We are a warm and friendly little theatre company, where everyone is welcome, either in acting, backstage, technical, directing roles etc. Further information: 0439 954 719

NAVY CADETS – TS Koopa Youth 13-19 Years Parade 630pm to 930pm Friday Nights

TS Koopa Kal-Ma-Kuta Dr Sandstone Point Enquiries co.tskoopa@navycadets.gov.au 0430 940 189

NORTH LAKES COMMUNITY WOMEN'S GROUP INC. meets on the first three Tuesdays of the month at 09:45 am at the Community Centre, The Corso, North Lakes. On other Tuesdays we meet for lunches, bus trips and planned outings. Enquiries please phone: Julie, 3886 4552; Colleen, 0418 658 442; or Carmen, 3491 9410: All welcome.

NORTH LAKES UNITING CHURCH offers a family service with children's Sunday School. Services each Sunday at 9:30am followed by fellowship and refreshments are held at The Lakes College located at Cnr College Street and Discovery Drive, North Lakes. All welcome. Contact Mark Cornford on 0421 950 325 or email info@northlakesunitingchurch.org.au

OLDER WOMEN'S NETWORK, Woody Point meet every 2nd & 4th Tuesday at 10AM. We are an energetic fun & friendship group who meet for company, mutual support and to information relevant for senior women. Venue: Woody Point Memorial Hall Cnr of Oxley Avenue & Hornibrook Esplanade, Woody Point. Entrance fee $4 Lucky Door Prize 9th Feb Topic: Enduring Power of Attorney & Advanced Health Directive. 23rd February: Author Lorraine Szabo. Speaker JP John Carpendale

PEACE PRESBYTERIAN CHURCH We welcome visitors to our church at 155-157 Maine Terrace, Deception Bay. Weekly service held at 9:30am and Kid's Church starts at 9:45am. Regular Kids Club programme over two days during the school holidays. Teen club meets the first Friday of the month at 5:00pm for tea. Monthly craft group and an op-shop that opens the second Thursday of the month from 9am to 12noon. Please drop in and share a coffee and cake with us. For more information phone 3888 3781.

PENINSULA ANIMAL AID is an animal refuge shelter for rescued dogs and cats. The shelter is located at Clontarf on the Redcliffe peninsula and is solely run by volunteers and has been operating since 1971. If you would like more information about adopting an animal, volunteering, becoming a member or attending our monthly meetings, please phone 3284 1927 or go to our website www.peninsulaanimalaid.com.au

THE PENINSULA HERB GROUP meets every third Saturday in The Wallum Centre at the Redcliffe Botanic Gardens, Henzell St Redcliffe. Meetings start at 1:30, we welcome all visitors and anyone interested in herbs. For any enquires please ring the secretary on 32843279 or herb garden coordinator on 32831828.

PINE RIVERS QCWA is holding a Market Day and Jumble Sale Sunday 13th December at Redcliffe QCWA Hall, 189 Prince Edward Parade Redcliffe. 8am–1pm. Stalls with Scrapbooking, Sewing, Craft, Books, Baking, Preserves and Bric a Brac. While there browsing enjoy a Devonshire Tea. Limited tables still available: Phone Sylvia - 5495 5151

PINE RIVERS SLIMMERS CLUB. Trying to lose weight? Need Help? Join us every Wednesday morning at the Lions Hall, Lawnton Showgrounds from 8.15am – 9.45am. Joining fee $12. Weekly fee $3. For a relaxed social atmosphere, friendly support, nutritional advice, recipes and competitions. 30years+ in the operating in the shire. Contact Chris 3285 2949

PENINSULA SOCIAL GOLF CLUB welcomes both male and female golfers of any level, with or without an AGU Handicap. Peninsula Social Golf Club plays at a variety of courses with both single and team events, has an annual dinner and presentation evening and a weekend end of year trip. Any golfers interested can contact Club Secretary Noel Price 0413 781 830 www.peninsulasocialgolfclub.asn.au

PINE RIVERS VIEW Club meets on the third Wednesday of each month for lunch at Murrumba Downs Tavern,Murrumba Downs. Interesting speaker. On the first Wednesday of each month we have an outing to a place of interest. Ladies come and meet new friends. Visitors welcome. Phone Sandra 3425 2738 and Elizabeth 38864937

PLAYGROUP MANGO HILL. 9:10-10:10am each Friday (except school holidays) for families of children planning to attend Mango Hill State School. Indoor and outdoor play, music and story time for children aged 2-5 with their parents/carers. Program led and facilitated by a teacher. All activities are free! Come along and get to know others in our caring school community. Contact Gabrielle Douglas gdoug7@eq.edu.au.

PLAYGROUP REDCLIFFE - 9am Wed & Friday. 1 Richens St, Redcliffe [Redcliffe Uniting Church]. Well organised and structured playgroup. More details check out the Redcliffe Uniting Church website.

PLAYTIME ROTHWELL Thursday 9am -11am Mueller College A Block Morris Road. Suitable for children aged 0 to 4. Operates during school terms. Enjoy a cuppa and a chat with other adults while the children interact, playing with toys and doing craft. Shared morning tea is on a roster basis. Gold coin donation each week. Provided by Mueller Community Church. Contact Isabel on 3897 2869

PROSTATE CANCER SUPPORT GROUP for the Moreton Bay Region meets second Tuesday every month. There are medical profession speakers with an opportunity to talk to these and other men affected by the disease. Meetings start 6.30pm, Education Centre, Redcliffe Hospital. Men, partners and family members are welcome. More info contact Fred Travis on 3480 5904 or 0404 495 898.

P.U.B.S Home brew beer club, meets last Tuesday of every month at Kruger Hall, Kallangur at 7pm, for advice, comps and everything home brew, new members welcome, for more info call Greg on 0423205205

PULSE YOUTH is the youth program of Life! Church. Come check out the craziest games, pumping music, hear a great word, be part of a connect group and make amazing friends! Every Friday night, 6-8.15pm Kallangur State School Hall, School Rd, Kallangur! For more info contact Scott & Miriam on 0413905336 or youth - youngadults@thelifechurch.org.au

PROBUS CLUB OF KALLANGUR meets at 10am on the 4th Friday of the month at the Baptist Church Hall, Ogg Rd. Murrumba Downs, has bus trips and Walks and Talks and Morning Teas and Lunches. Visitors welcome VACANCIES NOW Joan 38863656, Ken 33841313, Dorothy32851538

PROBUS CLUB OF REDCLIFFE Inc. The Club is for Male and Female retirees Seeking fellowship and fun. We enjoy Entertainment, Coach trips, Cruises, Dine-outs, Local and QPAC Theatre days, Lawn bowls, Beach BBQs & Coffee mornings, Meetings - second Monday of every month at the Redcliffe Golf Club. President Barry Lynch 3284-3434 or 0400 270 760 gramps98@optusnet.com.au

PROSTATE CANCER SUPPORT GROUP at Redcliffe meets on the second Tuesday of every month. Medical professionals speak at each meeting and is an opportunity to talk to these as well as other men and their partners affected by the disease. Partners of men attend regularly. Meetings start at 6.30pm at the Education Centre of Redcliffe Hospital. All men, partners and family members are welcome to attend. More info contact Fred Travis on 3480 5904 or 0404 495 898.

QUEEN'S BEACH INDOOR BOWLS Club Inc. Monday 7.15pm Thursday afternoon 1.15 pm Church Hall cnr. Griffith Road. & Prince Edward Pde.Scarborough.

QUOTA INTERNATIONAL CLUB OF NORTH LAKES meets at North Lakes Health Precinct on the second Monday of each month at 6.30pm for a light supper followed by our meeting at 7 pm. If you would like new friendships, share in our local community and support local and international projects, give us a call. For more information on the work that we do and be involved with this great club, call Lyn on 0408 873 939 or Val on 3385 0661.

REDCLIFFE BRANCH OF NATIONAL SENIORS. Meets on the last Friday each month at 10-00 a.m. for 10-30 a.m. in the "Kokoda Room " of the Redcliffe R.S.L. Club. Phone secretary Lynette on 3204 1678

REDCLIFFE CITY CHOIR practises weekly in the Rothwell area, Monday nights from 7:15 - 9:30pm. We sing a range of music - from pop, folk and jazz to classical and light opera. Most pieces are in four-part harmony. New members are always welcome! More information phone 3385 9778 or 3889 5789.

REDCLIFFE CITY LIONESS CLUB meets on the 1st & 3rd Mondays at 6.30pm at the Woody Pt Hall, Redcliffe. Make new friends & support local community projects. New members welcome. For further information contact Noelene on 3293 1222 or Trish on 3284 3498 or 040 7117212

REDCLIFFE COUNTRY MUSIC CLUB. Dalton Hall, Redcliffe Showgrounds Scarborough Rd. Socials : 3Rd.Sunday 1.00P.M. 4Th Friday Night 7.30.P.M. Quality Guest Artists & Walk-Ups. Contact Trudi on 3284 7609. All Welcome: Entry $ 4.00.

REDCLIFFE & DISTRICT FAMILY HISTORY GROUP. Membership open to anyone wishing to research their ancestors. Our Library contains over 600 books, microfiches, CD's and computer access. Help is always available, with tea, coffee and a friendly chat. We meet every Tues & Thurs morning 9.30 am till 12.30 pm, and one Mon evening a month by appointment, at the Scout Hut, Isobell Street, Clontarf. Contact 3293 0567, or email RDFHG2012@gmail.com

REDCLIFFE EXSERVICEWOMEN'S CLUB Third Monday of each month, 10.30am, Meeting Room Redcliffe RSL, Irene St, Redcliffe. Exservicewomen of all ages from all services welcome to share social comradeship with others. Phone Wendy on 3880 2602 for more details.

REDCLIFFE FAMILY FUN is a new community Facebook page listing activities and events for families in Redcliffe and other Brisbane Northside suburbs. www.facebook.com/RedcliffeFamilyFun

REDCLIFFE HISTORICAL SOCIETY holds its general meeting on the second Friday of the month at 2pm, in the Meeting Room of the Redcliffe Library. Monthly guest speakers highlight interesting aspects of Redcliffe's history. Members and guests are invited to participate in the meeting and share afternoon tea. Enquiries to the Secretary Nette Griggs on 0458643506 or at info@redcliffehistoricalsociety.com. Website: www.redcliffehistoricalsociety.com

REDCLIFFE LADIES PROBUS CLUB Meets on the 2nd Thursday every month at The Bramble Bay Bowls Club, Hornibrook/Victoria, Woody Point at 9.30am for 10.00am. Enjoy morning tea, a guest speaker and outings. Visitors welcome. Contact Margaret 3284 4242

REDCLIFFE MULTITUDE CHOIR is a non auditioned community choir singing a mix of pop, jazz and folk music, rehearsing every Thursday night during school terms at Margate Baptist Church Hall, 27 Duffield Rd. Margate. The only requirement is a love of singing. Contact 0402 121 155

REDCLIFFE OVER 40 SOCIAL DANCE CLUB INC Meets at CWA Hall Prince Edward Parade, every Wednesday night from 6.30-10.30 pm. Band music to modern and new vogue dancing. New participants most welcomed. Supper provided. Theme nights throughout the year. Singles, new dancers and all abilities welcomed. Non profit organisation. www.over40socialdanceclub.org

REDCLIFFE OSTAMATE SUPPORT And Carers Group Meet at the Cultural Centre Redcliffe in the Schillam Room at 10am on the first Tuesday of the month. Cost is $2 and morning tea is supplied. For more information please contact Dot 54 95 1335.

REDCLIFFE PENINSULAR DARTS ASSOCIATION: Players needed to our Wednesday night fixtures. A & B Division Teams. No need to register with a full team - we can certainly get you in a side now. $15 yearly registration & $4 fees per night. Licenced bar facility. Call Patty Martin 3203 8587

REDCLIFFE PENINSULA POETS Group meet on the first Tuesday of the month at the Redcliffe Cultural Centre 7pm in the Winton room. Everyone is welcome to come along. Read your own poetry or some from a book! Our next concert is on February 17- 10am Cultural Centre Redcliffe $6.50 "Valentine's Day". Lots of Laughs and fun- I'm sure you will enjoy the morning. President Janice 3889 4701

REDCLIFFE PENINSULA PROBUS CLUB meets on the 4th Tuesday of each month at the Kokoda Room, Redcliffe RSL, Irene ST. Redcliffe at 10.30am. New members most welcome. Contact President Bob Ph. 3467 3091 or Secretary Ray 3203 2611

REDCLIFFE PENINSULA SURF LIVE SAVING Want to part of the community? Fancy joining one of the most iconic Australian organisations? Ever thought of learning lifesaving skills? Situated at Suttons Beach, Redcliffe, we run a nipper program for those aged between 5 and 13 every Sunday between the months of September and March. Call 32844105 or go to www.redcliffeslsc.com.au

REDCLIFFE PENINSULA VIEW We meet on the second Thursday of each month at the Moreton Bay Boat Club for our meeting and a fine lunch. The sights and scenes seen from the deck are also something special to share and celebrate with friendly ladies gathering to help the Smith Family support Learning For Life Students. Please call Gillian on 3885 8210 if you would like to come along to share lunch with benefits.

REDCLIFFE POTTERY GROUP: Wheel-throwing classes for the beginners. Two classes on Tuesday and Saturday with 2-hour lesson over 6 weeks. Fees are $120 per semester. Classes are held at our studio at Old Redcliffe Fire Station 395 Oxley Avenue, Redcliffe. Contact Tad on 0411 339 061 or email austad@bigpond.net.au

REDCLIFFE RSL SUB-BRANCH General Meetings of the Sub-Branch every two months on the third Sunday of the month at 10.30 am. We also conduct interviews for Service pensions, disabilities and Advocacy claims covering Service personnel, police and cadets. For appointments call 3889 4872.

REDCLIFFE RUGBY UNION. Senior Rugby Union training 6.30pm Tuesday & Thursday, Veterans touch footy 6.30pm Wednesday, senior games played Saturday, Veterans games played Friday night. Seniors & veterans (35+) team info, club news & game dates at www.redcliffeRugby.com.au Enquiries to play Mark 0423214202 or senior.secretary@redcliffeRugby.com.au Ray Frawley Fields. Silcock St Clontarf.

REDCLIFFE SENIOR CITIZENS CENTRE 401 Oxley Ave, Redcliffe, 4020. Membership $8 with joining Fee $2. Activities, Table Tennis, Indoor Bowls, Darts, Concerts, Hoy, Snooker,Vogue Dancing, 500,Line Dancing, Pilates & Chee Gung. Contact 3284 1366 or 0418 796936.

REDCLIFFE SNOOKER CLUB Inc. Meets every Monday 5.00pm at our new Clubrooms, 1 Bowling Green Lane, Redcliffe for a social competition. We have 4 snooker tables and the rooms are also open to visitors 10.00am to 4.00pm every Thursday, Friday and Saturday for a practice hit. Costs are $2.00 per hour per person with partner- for further information please ring Garry Wardle 0414722189 or email snookerclub@optusnet.com.au

REDCLIFFE SPIRITUAL DISCUSSION GROUP meets at Unit 3 (down the back) 124-130 Oxley Avenue, Woody Point (near Ellen Street), on the first Friday of each month, at 7.30 pm. We explore theosophy, Alice Bailey writings, poetry of Rumi, holistic psychology of Carl Jung, the I Ching, Taoism and Zen, Feng Shui, Tibetan Buddhism, progressive Christianity, sacred sites, music, prayer, meditation and so on. All welcome. Tel: 3283 8386.

REDCLIFFE TABLE TENNIS ASSOC INC offers a social atmosphere and has a range of players from beginners to very experienced. The club is located at Clontarf High School Gymnasium in Isobel Street, Clontarf every Friday night from 7.30pm. Quality Stiga tables and 3 star balls are provided and bats are available for use by casual visitors. Charges are very reasonable. For further information contact Terry on 0407007143 or email redcliffe.tta@gmail.com.

REDCLIFFE TPI SUB BRANCH meets on the first Monday of every month, 9.30 a.m. at the Redcliffe Bridge Club Rooms in Irene Street Redcliffe (next to the RSL). All TPI, Special Rate Pensioners, prospective members and Spouses are invited to attend. Further information available from Mick Karolak on 3283 1721 or Pedro Newman on 3889 5704.

REDCLIFFE UNITING CHURCH - A Community aiming to be at the Heart of the community. Worship Sunday 9am, 1 Richens St, Redcliffe. Never boring, always engaging! Download our APP 'Redcliffe Uniting' or check out our website.

ROTARY CLUB OF KIPPA RING-NORTH LAKES meets Wednesdays from 6.15 pm at Rotary District Office : Evergreen Centre 14-18 Discovery Drive, North Lakes. Rotary connects 1.2 million members from 34,000 clubs in 220 countries. Come join us. Once a week, we meet to help others in the wider community. It's life changing. Contact Garry Gibson on 0419 742 769

ST JOHN AMBULANCE Moreton bay Cadets and Adults ages 8 and up meet Thursdays from 6:30pm at the Redcliffe SES hall 35 – 41 Portwood Street Redcliffe. For more information contact the Divisional Manager on 0402 895 206

SANDGATE THEATRE is seeking new members interested in becoming involved with an exciting well-established and progressive community theatre group. No experience is necessary, we welcome adults of any age who are keen to meet friendly theatre minded creative people. You might have skills such as painting, dress-making, lighting & sound engineering, canteen control, ushering, cleaning, decorating as well as acting and directing, or perhaps you'd like to learn these and many other interesting skills. Phone 32040296 for further information.

SATURDAY MORNING BICYCLE RIDE in and around north lakes. I am seeking riders utilizing bike lanes and bikeways in a safe and friendly environment. 7am starts with a coffee/ drink break. beginners and intermediate riders, not setting any land speed records just enjoying the great infrastructure of north lakes. Phone Dean at Allsorts-BERG ph 0431286322

SCOUTS offers an exciting and adventure filled learning environment for youth members. Interested? Kallangur Scout Group invites boys and girls from age 6 upwards to join in the fun. For further info contact the Group Leader Chris on 0404 438014.

SINGLE SENIORS OVER 60yo in Moreton Bay area. Would you be interested in joining a small social group of single men and women? We've all experienced the times when we would like to dine out, see a movie, have a picnic, see a show etc etc but maybe not on our own!! So why not join our group and share company. If interested, please email Kate at hopexyz1@hotmail.com.

SLIMMER'S SUPPORT GROUP, KALLANGUR, meets at Q.C.W.A. Hall, Anzac Ave., Kallangur on Friday Mornings at 9 am. NEW MEMBERS WELCOME. For more information please contact Bev. 3882 4598, Denise 3205 3989 or Gail 3204 4163**..**

SMALL DOG CARER'S CLUB Meet other dog lovers and socialise your small dog with other small dogs. Join the club and have your dog lovingly cared for while you are on holidays, no need to use a kennel. We meet once a month on the first Monday of the month. New members (retired or semi- retired) are welcome. Phone Kevin on 3881 1282.

SOCIAL COFFEE LOVERS GROUP If you enjoy coffee and stimulating conversation, and meeting new people then join us to take advantage of some of the beautiful Peninsula cafes on offer. If interested email Carolyn at carolyn2527@hotmail.com.

SOROPTIMIST INTERNATIONAL Moreton North Inc. is a global voice for women representing 90,000 members in 126 countries. Our projects assist women and girls to access education and leadership opportunities, health care and human rights locally and internationally. Regular meetings and social events are held throughout the Moreton Bay Region. Contact Caryl 0417 730 155 or Audrey on 0402776840 Email simoretonnorth@siswp.org www.soroptimistinternational.org

SOUTH AFRICAN LADIES GROUP Join the "SA LADIES – North Lakes" facebook page to connect with fellow South Africans in the North Lakes and Surrounding areas. Contact Catherine for more information. 0406781261 or monksc@gmail.com

SPECIAL OLYMPICS MORETON NORTH CLUB. We are a regional club of Special Olympics Australia. We bring the benefits of regular sport and competition to children and adults living with an intellectual disability, in the Moreton Bay region. Sports offered are swimming, basketball, athletics, soccer, cricket, golf, ten pin bowling and gymnastics. For more information, please contact Louise on 0411 822 055 or email SOMN.louisegee@outlook.com.

SPINAL LIFE AUSTRALIA'S BRISBANE Post Polio Network will meet at 2.00 pm on Saturday 6 February at Spinal Life Australia, 109 Logan Road, Woolloongabba. (Entrance and parking off Balaclava Street). New members are welcome. For more information please contact Jeanette on 3435 3140

SPINAL LIFE AUSTRALIA'S MORETON BAY Spinal Injuries Network meets at 1.00pm on Wednesday 3 February, 2016 at the Kallangur Memorial Bowls Club, 1351 Anzac Avenue, Kallangur. Guest speaker will be the Coordinator – Member Networks. New members welcome. For more information phone Spinal Life Australia on 3435 3140.

SUPPORT FOR PARENTS Concerned about your teen's behaviour? Don't know what to do? You're not alone. A lot of parents are facing problems just like yours.

SUPPORT GROUP FOR MEN. Men Supporting Men Inc. meets at the new Neighbourhood Centre, 9 George St, Caboolture (opposite the Caboolture State School) every Thursday from 6:45pm-10pm. The group encourages self awareness in a safe and supportive environment. Any man is welcome to attend. Enquiries: Allan 5497 4022 or Paul 0401 625 141 up to 9pm.

SUPPORT GROUP for women battling their poker machine addiction. I am dealing with a pokies addiction and am on my way to beating it. One thing I always wanted was someone to talk to who understood. This group is not therapy or a cure but a chance to share our experiences and, maybe, help each other beat our addiction. Meet Wednesday evenings 7.30pm, Redcliffe. Please email me for details. arenaissance@live.com.au

SWIMMING CLUB Would your child like to learn how to race and participate in swimming meets? If your child can swim a minimum of 25m join us for a free introductory club night (conditions apply). Year-round, indoor heated 50m pool. www.australiancrawl.swimming.org.au or phone Shane 0410 468 205 or Jane 0403 859 185

TEAR Groups are local groups that meet to discuss issues relating to poverty and injustice in Australia and overseas and to advocate on the behalf of disempowered and poor people – most often the poorest of the poor. A Christian Justice Group, meets locally on the first Monday of each month from 7pm-9pm. If you care about poverty, injustice and advocacy for the poorest of the poor then please join us. Phone Di on 073888 0571 or 04-08881507 for details of meetings.

TUESDAY CLUB INC. is a non-profit working organization that raises funds for the Underprivileged & Disadvantaged within the Redcliffe Area. Meetings are held at the Moreton Bay Boat Club every 2nd Tuesday of the Month at 10am, New Members very welcome. Contact Marion 3284 1526 or Loela 3284 4167

U3A REDCLIFFE INC. provides an educational environment for people in the third stage of life. It holds a variety of classes run by volunteer tutors. A subscription of $20 per year applies and a small fee for each class of $2. Computer classes are $30 for 8 weeks. Make enquiries at the office on Level 1, 157-159 Sutton Street or call 3284 2687 email u3a@u3aredcliffe.org.au. More information is on the net at www.u3aredcliffe.org.au

UNITING CARE & TARGET CHRISTMAS APPEAL. Please drop off a gift or make a donation at your local Target store. These gifts will help us deliver hope and happiness to people in our local community who are doing it tough. LET'S PUT A SMILE ON THEIR FACES!

WEIGHT REDUCTION CLUB OF REDCLIFFE. A not for profit body assisting people to solve the problem of being overweight. We meet every Tuesday morning at the Community Hall, Morris Rd, Rothwell from 8:30 am. New members welcome - for more information ph: 3283 7118 or 0424 671 554 or email wrcredcliffe@hotmail.com

WORLD HARVEST MINISTRIES. You are invited to our Sunday worship services 9am and 6.30pm! Come and experience the presence and power of God! Let your life be transformed, receive healing in your body, soul and spirit. Learn about God's truth. We teach the uncompromised Word of God. Families welcome! 53 Telegraph Road, Bald Hills. Tel: World Harvest Ministries 3261 4555.

YE OLDE BRASS RSL MEMORIAL BAND Redcliffe Inc Present their Annual Christmas Concert Featuring Christmas Carols; and other Popular Christmas Tunes Santa and Christmas Raffles Date: Sunday 13th December 2015-11-13 Time: 1.45 PM Venue: Redcliffe RSL Kakoda Room Admission: FREE

YOUTH GROUP The Salvation Army, Redcliffe Come join us on the 1st and 3rd Friday of the month from 7 til 9 pm and enjoy a mass of activities from old school video games to ping pong and movies. We are located on Ashmole Road, Redcliffe (Turn left off Anzac Ave). Check out Facebook.com/VisionYP for contact information and further details.

ZONTA CLUB REDCLIFFE Membership is open to all women who are actively involved in business and professions. Meetings are held on the 4th Monday at each month. Interested? Further information may be obtained by contacting info@zontaredcliffe.org.au Or: 0457426806

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